Holy Name of Jesus

Our Favorite Recipes

from

Holy Name of Jesus Catholic Church

Expression of Appreciation

We thank all our members, past and present, for sharing their family recipes. We hope they become a tradition in your families as well.

Holy Name
# of Jesus
Catholic Church

TABLE OF CONTENTS

APPETIZERS, BEVERAGES 1

SOUPS, SALADS 5

VEGETABLES 17

MAIN DISHES 23

BREADS, ROLLS 43

DESSERTS 53

MISCELLANEOUS 85

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

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Appetizers, Beverages

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1⁄12 lb. and 1½ gal. water	⅙ lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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APPETIZERS, BEVERAGES

HOT COCOA MIX

Teri Zink

8 qt. size powdered milk
32 oz. box Hershey's or Quik cocoa mix
1 to 2 c. powdered sugar
2 tsp. cinnamon (optional)
2 c. powdered coffee creamer

Mix all ingredients thoroughly. Store in a tightly covered container. To make hot chocolate, use ⅓ cup mix and fill mug with hot water.

IRISH COFFEE

Keith and Louise Ryan
Laura Trout

2 Tbsp. unrefined sugar
1 oz. Jamison Irish whisky
4 Tbsp. fresh whipped cream
Coffee

Put sugar and whisky in coffee cup. Stir well until sugar is dissolved completely. Add double strong coffee; stir. Add fresh whipped cream on top.

SLUSH PUNCH

Karen Habiger

1 (3 oz.) pkg. raspberry or cherry Jell-O
1½ c. sugar
1 c. boiling water
1 large can frozen lemonade
1½ c. cold water
1 tall can pineapple juice
2 bottles ginger ale (1 liter)

Dissolve Jell-O and sugar in boiling water (add sugar slowly). Add can of lemonade, cold water, and can of pineapple juice. Freeze. Thaw 3 to 4 hours before ready to serve. Pour ginger ale over it and serve. Makes 20 servings.

ARTICHOKE SPREAD

Jane Habiger

1 can artichoke hearts, finely chopped
½ c. mayonnaise
1 c. Parmesan cheese

Combine all three ingredients and bake at 350° for 30 to 40 minutes in a baking dish. If desired, broil for a minute to brown top. Season as desired with cayenne pepper and garlic powder. Serve with appropriate crackers.

CHEESE BALL

Tina Willt

- 2 (8 oz.) pkg. cream cheese
- ½ c. chopped onion
- ½ c. chopped green pepper
- 3 Tbsp. mayonnaise
- ½ tsp. garlic salt
- 1 c. sharp Cheddar cheese, shredded
- Sunflower seeds, shelled

Mix all ingredients, except seeds. Form into ball. Cover in seeds. Refrigerate. Serve with crackers of choice.

CORN DIP

Jeanne Schloctermeier

- 2 cans Mexicorn, drained
- ½ c. chopped onions
- 1 c. sour cream
- 1 c. mayonnaise (real)
- 2 c. shredded Cheddar cheese
- 1 can Ro-Tel tomatoes, drained

Combine all ingredients and let set overnight.

HAMBURGER CHEESE DIP

Jamie Zink

- 3 lb. hamburger
- 1 can golden mushroom soup
- 1 can Ro-Tel tomatoes, drained
- 1 lb. Velveeta
- 1 jar Old English cheese
- Hot peppers to taste

Brown and drain hamburger. Combine with the remaining ingredients and heat thoroughly. Serve with tortilla chips.

HIDDEN VALLEY RANCH PINWHEELS

Mary Ann Bieberle

- 2 (8 oz.) pkg. cream cheese, softened
- 1 pkg. dry salad dressing mix
- 2 green onions, minced
- 4 (12 inch) flour tortillas
- ½ c. diced red pepper
- ½ c. diced celery
- 1 can sliced black olives, drained

Mix first 3 ingredients. Spread on tortillas. Sprinkle on remaining ingredients, then roll and wrap tightly. Chill 2 hours. Cut off roll ends. Cut rolls into 1 inch slices. Makes 3 dozen.

HOT BEEF DIP

Anna Lee Habiger

1 (8 oz.) pkg. cream cheese, softened
2 Tbsp. milk
1 pkg. dried beef, finely snipped
1 small onion, chopped
3 Tbsp. green pepper, chopped
⅛ tsp. pepper
½ c. sour cream
¼ c. walnuts, chopped
⅛ tsp. salt

Blend cheese and milk. Stir in onion, green pepper, salt, and pepper. Add beef and sour cream. Put mixture in shallow baking dish. Sprinkle walnuts on top. Bake at 350° for 15 to 20 minutes. Serve with appropriate crackers.

LAYER TACO DIP

Teri Zink

1 large can refried beans
1 medium onion, diced
1 tomato, diced
Grated Cheddar cheese
1 large (16 oz.) sour cream with chives
Lettuce
1 (16 oz.) jar taco sauce
Sprinkle with bacon bits

Layer in order given in jelly roll pan. Cover and chill before serving. Serve with tortilla chips.

MEAT DIP

Frances Reichuber

1 (5 oz.) jar pimento cheese
1 (4½ oz.) deviled ham
½ c. mayonnaise
2 Tbsp. minced onion
2 Tbsp. minced parsley
4 drops of Tabasco sauce

Mix all ingredients in order above. Make ahead of time and chill. Serve with crackers.

NACHO CHEESE DIP

Frances Reichuber

1 lb. hamburger
1 large jar Cheez Whiz
1 small jar jalapeno Cheez Whiz

Brown hamburger and drain well. Add both jars of Cheez Whiz and heat slowly. Use with favorite dipping chips.

WILMA'S SALMON BALL

Anna Lee Habiger

1 (16 oz.) can pink salmon	**½ tsp. liquid smoke**
1 (8 oz.) pkg. cream cheese	**1 tsp. horseradish**
1 tsp. lemon juice	**1 Tbsp. grated onion**

Drain and flake salmon and add to softened cream cheese. Mix. Add all other ingredients and mix well. Shape in ball and chill in refrigerator. Serve with appropriate crackers.

Soups, Salads

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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SOUPS, SALADS

CHEESEBURGER SOUP

Geri Habiger

½ lb. ground beef
¾ c. chopped onion
¾ c. chopped carrots
¾ c. chopped celery
1 tsp. dried basil
1 tsp. dried parsley
4 Tbsp. butter, divided
3 c. chicken broth
4 c. peeled and diced potatoes
¼ c. flour
8 oz. Velveeta, sliced
1½ c. milk
¾ tsp. salt
¼ to ½ tsp. pepper
¼ c. sour cream

Brown beef and drain; set aside. Saute 1 tablespoon butter, carrots, onions, celery, basil, and parsley until tender. In Dutch oven (2 quart), add broth, beef, and potatoes to boil. Add vegetables; reduce heat, cover, and simmer 10 to 12 minutes. In a little skillet, mix rest of butter and flour; cook 3 to 5 minutes. Bring broth back to a boil and add flour-butter mixture to soup. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt, and pepper. Cook and stir until cheese melts. Remove from heat and stir in sour cream.

CHEESEBURGER SOUP

Linda Huff

½ lb. ground beef
¾ c. chopped onion
¾ c. shredded carrots
¾ c. diced celery
1 tsp. dried basil
1 tsp. parsley flakes
2 Tbsp. butter or margarine
3 c. chicken broth
4 c. diced, peeled potatoes
¼ c. flour
8 oz. process American cheese, cubed
1½ c. milk
¾ tsp. salt
½ tsp. pepper
¼ c. sour cream

In a 3 quart saucepan, brown beef; drain and set aside. In same saucepan, saute onion, carrots, basil, and parsley in butter until vegetables are tender, about 10 minutes. Add broth, potatoes, and beef; bring to a boil. Reduce heat; cover and simmer for 10 to 12 minutes or until potatoes are tender. Mix flour and milk; slowly add to soup. Stir and bring to a boil until thick. Reduce heat and add cheese, salt, and pepper. Stir until cheese is melted, remove from heat, and blend in sour cream. Makes 8 servings.

GRANDPA'S VEGETABLE SOUP

Tina Willt

- Potatoes
- Carrots
- Celery
- Onion
- Cabbage
- Corn
- Peas
- Green beans
- Lima beans
- Beef chunks, browned
- Tomatoes (canned)
- Large can vegetable juice

Combine all ingredients and simmer.

NO FUSS POTATO SOUP

Beverly Roelfs

- 6 c. peeled cubed potatoes
- 5 c. water
- 2 c. chopped onion
- ½ c. chopped celery
- ½ c. thinly sliced carrots
- ¼ c. oleo or butter
- 4 tsp. chicken bouillon granules
- 2 tsp. salt
- ¼ tsp. pepper
- 1 (12 oz.) can evaporated milk
- 3 Tbsp. chopped parsley

In large slow cooker, combine the first nine ingredients. Cover and cook on HIGH for 7 hours or until vegetables are tender. Add milk and parsley. Mix well. Cover and cook 30 to 60 minutes or until heated through. Garnish with chives if desired. Yield 8 to 10 servings.

This is good with Polish or German sausage cooked and sliced into the soup.

NO-FUSS POTATO SOUP

Teri Zink

- 6 c. diced, peeled potatoes
- 5 c. water
- 2 c. diced onions
- ½ c. diced celery
- ½ c. chopped carrots
- ¼ c. margarine or butter
- 4 tsp. chicken bouillon granules
- 2 tsp. salt
- ¼ tsp. pepper
- 12 oz. can evaporated milk
- 3 Tbsp. chopped fresh parsley
- 8 oz. Cheddar or Colby Jack cheese, shredded

Combine all ingredients, except milk, parsley, and cheese in the slow cooker. Cover. Cook on HIGH 7 to 8 hours, or until vegetables are tender. Stir in milk and parsley. Stir in cheese until it melts. Heat thoroughly.

Variations: For added flavor, stir in 3 slices bacon, browned until crisp and crumbled. Top individual servings with chopped chives.

TACO STEW

Linda Huff

1 lb. ground beef
1 medium chopped onion
15¼ oz. can corn (undrained)
10 oz. can diced tomatoes with chilies (undrained)
15 oz. can pinto beans in chili sauce (undrained)
1¼ oz. env. taco seasoning
10¾ oz. can tomato soup
1 can water
Fritos chips
Shredded cheese

Brown beef; drain. Combine all ingredients, except chips and cheese in a Dutch oven. Simmer on low. To serve, put chips in soup bowls, cover with stew, and sprinkle with cheese. Makes 4 to 6 servings.

WILD RICE AND CHICKEN SOUP

Anna Lee Habiger

1 box Rice-A-Roni long grain and wild rice
¼ c. butter
½ c. chopped onion
1 to 1½ c. sliced fresh mushrooms
½ c. flour (to thicken)
4 c. chicken broth
1 c. cooked chicken pieces
½ c. shredded carrots
1 c. half & half

Prepare Rice-A-Roni according to directions on box. Melt butter in a large saucepan. Add onion and mushrooms and cook until tender. Stir in flour and cook for one minute, stirring constantly. Gradually stir in chicken broth. Cook, stirring constantly, until mixture comes to a boil; boil and stir for one minute. Stir in the rice, chicken, and carrots, and then simmer for five minutes. Stir in half & half; cook until thoroughly heated, but not boiling.

BROCCOLI-CAULIFLOWER SALAD

Mary Kaiser

2 c. broccoli
2 c. cauliflower
1 c. bell pepper
1 c. celery
1 c. cubed cheese (½ Swiss, ½ Cheddar)

Dressing:

1 c. sour cream
1 c. mayo
1 Tbsp. lemon juice
1 Tbsp. powdered sugar

Cut up and clean first 4 ingredients. Cube your cheese. Toss with dressing. This is a delicious salad to take to potlucks.

BROOKVILLE COLESLAW

Carolyn Kern

1 medium cabbage
1 tsp. salt
⅔ c. sugar
1 c. whipping cream
⅓ c. vinegar

Shred cabbage and sprinkle with salt. Cover and refrigerate overnight. Drain cabbage. Beat cream, sugar, and vinegar until soft peaks form. Fold into cabbage. Chill. Lasts several days in refrigerator. Stir well before serving.

CABBAGE RAMEN SALAD

Jamie Zink

1 pkg. chicken Ramen noodles
½ c. vegetable oil
3 Tbsp. vinegar
2 Tbsp. sugar
½ c. sliced almonds
1 medium cabbage, chopped
1 bunch green onion, chopped

Combine the seasoning packet from Ramen noodles, oil, vinegar, and sugar. Mix well and pour over cabbage and onions. Crumble noodles and toss in cabbage. Mix well.

CAULIFLOWER AND BROCCOLI SALAD

Rita McAtee

2 c. cauliflower, or more
2 c. broccoli, or more
1 c. chopped celery
1 c. tomatoes, cut in pieces and drained
1 c. cucumber, chopped
1 c. green pepper, chopped
1 c. onion, chopped
1 c. Swiss cheese
1 c. Cheddar cheese

Dressing:

1 c. sour cream
1 c. mayonnaise
1 or 2 Tbsp. lemon juice
1 Tbsp. powdered sugar

Pour dressing over vegetables and let chill before serving.

COLE SLAW

Pam Wirth

- 1½ lb. shredded cabbage
- 1 tsp. salt
- ⅔ c. sugar
- ⅓ c. vinegar
- 1 c. whipping cream

Mix together.

CRANBERRY JELL-O SALAD

Anna Lee Habiger

- 1 (3 oz.) pkg. raspberry Jell-O
- 1 c. boiling water
- 1 (16 oz.) can jellied cranberry sauce
- 1 (3 oz.) pkg. lemon Jell-O
- 1 c. boiling water
- 1 (3 oz.) pkg. cream cheese
- ⅓ c. mayonnaise
- 1 (8 oz.) can crushed pineapple
- ½ c. whipped topping
- 1 c. miniature marshmallows
- ¼ c. chopped nuts

Dissolve raspberry Jell-O in water, then add cranberry sauce. Chill until partially set. Dissolve lemon Jell-O in water, then add undrained pineapple. Combine cream cheese and mayonnaise and fold into lemon Jell-O mixture. Chill until partially set. Fold whipped topping into lemon Jell-O mixture. Add marshmallows and nuts to lemon mixture and then spread over raspberry Jell-O mixture.

CRANBERRY SALAD

In memory of Helen Zink

- 1 (12 oz.) pkg. fresh frozen whole cranberries
- 1 (20 oz.) can crushed pineapple
- ¾ to 1 c. sugar
- 1 (8 oz.) pkg. Cool Whip
- 1 (10 oz.) pkg. mini marshmallows

Grind cranberries frozen. Add sugar and pineapple; refrigerate until jelled. Add marshmallows and Cool Whip. Mix gently and serve.

CRANBERRY SALAD

In memory of Ellen Maes

- 1 lb. ground cranberries
- 1½ c. sugar
- 1 c. drained crushed pineapple
- ¾ lb. marshmallows
- 1 pt. heavy cream

Combine ground cranberries with sugar and let stand 2 hours. Cut marshmallows into small pieces or use miniature and add whipped cream. Let stand 2 hours. Combine with above and fold in pineapple. Pour into loaf pan or mold and let stand in refrigerator overnight.

DELMAR SALAD

Norma Habiger

1 (8 oz.) pkg. cream cheese
½ c. sugar
1 large pkg. frozen strawberries, thawed and drained
1 large can crushed pineapple, drained
10 oz. ctn. Cool Whip
2 bananas, sliced

Mix cream cheese and sugar; add remaining ingredients. Chill until set.

FROZEN FRUIT SALAD

Connie Redding

1 small ctn. sour cream
1 small ctn. Cool Whip
1 can cherry pie filling
1 (No. 2) can crushed pineapple, drained
2 bananas, diced fine
2 c. sugar
2 tsp. lemon juice

Mix fruits, sugar, and lemon juice together. Fold in sour cream first, and then Cool Whip. Freeze for serving later.

LEMON SALAD

Linda Huff

1 pkg. lime Jell-O
1 pkg. lemon Jell-O
2 c. hot water
2 c. cold water
1 can lemon pie filling
8 oz. whipped topping

Dissolve 2 packages Jell-O in hot water. Stir in pie filling. Add cold water. Take out 1½ cups of mixture for topping. Let Jell-O set. Mix the remaining 1½ cups Jell-O mixture which has set some with the carton of whipped topping. Spread on Jell-O in 9x13 inch pan. May use sugar free Jell-O.

MACARONI SALAD

Tina Willt

2 c. macaroni
2 tomatoes
1 cucumber
1 small onion
8 oz. creamy French dressing
1 Tbsp. mayo
1 tsp. apple cider vinegar
2 tsp. sugar

Cook macaroni, drain, and cool. Chop tomatoes, cucumber, and onion. Add to macaroni. Mix mayo, vinegar, and sugar to taste and add to macaroni. Pour French dressing over macaroni and mix well.

MACARONI SALAD

Karen Habiger

3 c. chilled, cooked macaroni (1½ c. uncooked)
Cheddar cheese or Velveeta, cubed
4 hard-boiled eggs, chopped
½ c. mayonnaise or Miracle Whip
Little milk
½ c. chopped celery
⅓ c. sweet relish
1 Tbsp. prepared mustard
Onions if so desired
Pepper if so desired
Ham (optional)

Cook macaroni, then drain in cold water. Set aside. In a large bowl, mix mayonnaise and mustard; stir in remaining ingredients. Add macaroni and toss gently. Cover and chill for several hours or overnight. Makes 6 servings.

ORANGE SALAD

Frances Reichuber

1 pkg. orange Jell-O
1 can mandarin oranges
1 c. hot water
½ c. juice from oranges
1 pt. orange sherbet
1 c. miniature marshmallows
1 banana

Dissolve Jell-O in hot water; add juice. Stir in the sherbet. Keep stirring until it is well blended. Add oranges, marshmallows, and banana. Put in a flat pan in refrigerator. When it is set, square and serve on shredded lettuce.

ORANGE TAPIOCA SALAD

Connie Redding

1 box vanilla pudding
1 box tapioca pudding
1 box orange Jell-O
1 can mandarin oranges
1 small Cool Whip

Add the 3 boxes of pudding and Jell-O to a pan. Add 2 cups of water and cook until thick. Set aside to cool, then add oranges and fold in Cool Whip.

ORIENTAL CHICKEN SALAD

Pam Wirth

- 1 torn up head lettuce
- 4 whole green onions, thinly sliced
- 4 c. shredded cooked chicken breast
- 2 Tbsp. sugar
- ¼ c. white vinegar
- ⅓ c. salad oil
- ½ tsp. pepper
- 1 (3 oz.) pkg. oriental noodle soup mix
- ⅓ c. slivered almonds
- 3 Tbsp. sesame seeds

Combine lettuce, green onions, and chicken. Stir together sugar, vinegar, oil, pepper, and flavor packet from soup. Stir till sugar is dissolved. Pour over lettuce. Cover and chill 2 hours. Toast almonds in skillet over low heat till browned (2 minutes). Just before serving, add noodles, nuts, and seeds. Toss.

PINEAPPLE CHEESE SALAD

Mary Schoonover

- 1 can chunk pineapple
- American or Cheddar cheese to taste
- 20 big marshmallows, cut fine
- 4 Tbsp. sugar
- 2 Tbsp. flour
- Pinch of salt
- 1 egg
- 1 Tbsp. butter

Drain pineapple; heat juice. Mix together sugar, flour, salt, and egg. When juice is hot, add the mixture and cook until thick; remove from heat. Add butter; mix until melted. Pour over pineapple, cheese, and marshmallows. Mix well and chill 3 to 4 hours before serving.

PINEAPPLE SALAD

Frances Reichuber

- 1 large can pineapple, drained
- 1 heaping Tbsp. flour
- 3 Tbsp. sugar
- 3 eggs
- 1 c. whipping cream
- 1 c. nuts
- 1 c. pineapple
- 1 c. marshmallows
- 1 c. grapes (optional)

Beat eggs lightly. Mix with flour, sugar, and pineapple juice and cook. Add pineapple, nuts, and marshmallows. Cut up and add grapes if desired. Pour into mold or pan. Put in refrigerator to set.

QUICK FRUIT SALAD

Frances Reichuber

- **1 can mandarin oranges**
- **1 can fruit cocktail**
- **1 can pineapple chunks**
- **1 pkg. instant vanilla pudding**

Drain liquid from oranges. Do not drain other fruit. Combine fruit. Stir in dry pudding and let set until liquid is absorbed. Refrigerate until served.

SAUERKRAUT SALAD

Mary Schoonover

- **1 c. canned sauerkraut**
- **1 c. green peppers, chopped**
- **1 c. onion, chopped**
- **1 c. celery, chopped**
- **1 c. sugar**

Drain, rinse well, and chop sauerkraut. Mix remaining ingredients in. Let stand overnight. Good - doesn't really taste like kraut. Fast and easy to take.

SHRIMP MACARONI SALAD

Anna Lee Habiger

- **2 c. macaroni, cooked**
- **1 to 2 cans tiny or medium shrimp, drained**
- **1 medium-size cucumber, peeled and diced**
- **2 Tbsp. mayonnaise**
- **2 tsp. minced onions**
- **1 pkg. dry Good Seasons Italian salad dressing**

Mix all ingredients together well. Flavor with garlic salt and pepper to taste. Chill well.

SPECIAL OCCASION JELL-O SALAD

Jane Habiger

- **1 (20 oz.) can crushed pineapple (undrained)**
- **⅔ c. sugar**
- **1 (3 oz.) pkg. lemon Jell-O**
- **1 (8 oz.) pkg. cream cheese, softened**
- **1 c. diced unpeeled apples**
- **½ to 1 c. chopped nuts**
- **1 c. chopped celery**
- **1 c. whipped topping**

In saucepan, combine pineapple and sugar. Boil three minutes. Add Jell-O. Stir until dissolved. Add cream cheese; stir until mixture is thoroughly combined. Cool. Fold in apples, nuts, celery, and whipped topping. Pour into a 9 inch square pan. Chill until firm.

You may want to cut into squares, use mini Bundt pans, or a decorative mold and serve over lettuce with apple slices.

SUPREME PASTA SALAD

Karen Habiger

1 lb. cooked pasta or spaghetti
8 oz. Italian dressing
4 Tbsp. Salad Supreme seasoning (find this seasoning on your spice grocery shelf)
Chopped fresh garden vegetables (cucumbers, tomatoes, pepper, and carrots)

Cook pasta as recommended on package. Add Italian dressing, seasoning, and vegetables. Chill. Makes a lot.

SUSIE'S BROCCOLI SALAD

Jane Habiger

2 to 3 bunches broccoli
1 lb. bacon, fried
1 c. raisins
1 c. sunflower seeds, shelled
1 c. mayonnaise
⅓ c. sugar
2 to 3 tsp. red wine vinegar

Trim broccoli to bite-size pieces and combine with raisins. Add bacon (crumbled bits) and sunflower seeds. Mix mayonnaise, sugar, and vinegar and pour over broccoli mixture. Stir well. Chill overnight. You may substitute slivered almonds for sunflower seeds and add ½ cup chopped onion to taste.

SWEET POTATO SALAD

Jane Habiger

3½ lb. sweet potatoes
4 Tbsp. grape seed oil
2 Tbsp. rice vinegar
½ green onion
Zest of orange
Juice of one orange

Peel and boil sweet potatoes until cooked. Cool. For dressing, mix grape seed oil, rice vinegar, onion, orange juice, and zest of orange. Cut sweet potatoes into bite-size pieces. Pour on dressing and stir.

WATERGATE SALAD

Ann Habiger

1 (9 oz.) ctn. whipped topping
1 box instant pistachio pudding
1 can crushed pineapple and juice
1 c. miniature marshmallows
½ c. walnuts

Fold dry pudding mix into whipped topping. Add pineapple, juice, marshmallows, and nuts. Refrigerate.

Notes

Vegetables

EQUIVALENT CHART

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ c.
4 Tbsp.	¼ c.
8 Tbsp.	½ c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	⅓ c.
12 Tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 Tbsp.
⅞ c.	¾ c. + 2 Tbsp.
1 jigger	1½ fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½-4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
¾ cup **cracker crumbs** = 1 cup bread crumbs
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic
1 lb. **whole dates** = 1½ cups, pitted and cut
3 medium **bananas** = 1 cup mashed
3 cups **dry corn flakes** = 1 cup crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	**Average Contents**
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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VEGETABLES

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BAR-B-QUE CABBAGE

Frances Reichuber

- 1 head cabbage
- ½ c. catsup
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. salt
- 4 to 8 strips bacon
- ¼ Tbsp. vinegar
- ¼ c. water
- 3 Tbsp. drippings

Boil for 3 minutes and pour over cooked cabbage. Garnish with bacon.

BROCCOLI CASSEROLE

Frances Reichuber

- ½ small chopped onion, saute in 2 Tbsp. butter
- 1 can cream of chicken or mushroom soup
- ½ c. milk
- 1 (8 oz.) jar Cheez Whiz (soft)
- 1 can water chestnuts, sliced or ¼ c. celery
- 1½ c. Minute rice
- 2 boxes frozen broccoli, thawed and chopped

Mix all ingredients; pour into buttered baking dish. Bake at 350° for ½ hour or longer.

BROCCOLI CASSEROLE

Vickie Folk

- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 c. milk
- 3 oz. cream cheese, softened
- ¼ c. Blue cheese, crumbled
- 2 (10 oz.) pkg. frozen broccoli
- ⅓ c. fresh bread crumbs

Melt butter. Stir in flour and cook 1 minute. Add milk and continue stirring until thickened. Add cheeses and cook until cheese melts and mixture is smooth. Cook and drain broccoli according to package instructions. Stir cheese mixture into broccoli. Turn into a buttered 2 quart casserole dish. Sprinkle with bread crumbs. Bake at 350° for 30 minutes. Serves 8.

BUZZ'S VEGETABLE CASSEROLE

Anna Lee Habiger

- 1 large potato, peeled and sliced
- 1 large green pepper, cut into thin strips
- 2 zucchini (unpeeled), sliced
- 2 medium onions, thinly sliced
- 2 to 3 carrots, sliced
- 2 Tbsp. parsley (fresh or dried)
- ½ to 1 pkg. frozen peas
- ¾ c. uncooked rice
- 2 Tbsp. vinegar or lemon juice
- ⅓ c. plus 2 Tbsp. olive oil (do not substitute)
- 3 tsp. salt
- ½ tsp. pepper
- 1 (14 oz.) can diced tomatoes
- ½ c. water
- Dash of Tabasco sauce
- 1 c. Monterey Jack cheese, grated

Mix together all ingredients, except cheese. Pour into sprayed 9x13 inch casserole dish. Cover and bake at 350° for 1½ hours. Uncover and sprinkle with grated cheese. Bake until cheese is melted.

CHEESY HASH BROWNS

Karen Habiger

- 1 (32 oz.) pkg. frozen hash browns
- 1 (8 oz.) sour cream
- 1 can cream of chicken soup
- 2 c. grated Cheddar cheese
- ¼ c. chopped onion
- ¼ c. melted butter or margarine
- Salt and pepper to taste

Combine ingredients. Put in a greased 13x9x2 inch pan. Bake at 350° for 1 hour.

CHEESY POTATOES (MICROWAVE)

Dawn and Crystal Trout

Total cooking time: 17½ to 18 minutes

- 1 c. milk
- 2 Tbsp. butter or margarine
- 2 Tbsp. flour
- 1 tsp. mustard
- ½ tsp. salt
- ¼ tsp. pepper
- 3 medium potatoes, thinly sliced
- 1 tsp. onion
- ¼ c. cheese

Pour milk into 2 cup glass measure. Cook on 70% for 2 minutes. Set aside. Place butter in 2 cup glass measure. Cook on HIGH 1 minute. Stir in flour. Cook on HIGH 30 seconds. Briskly stir in hot milk, then mustard, salt, and pepper into butter. Set aside. Place potatoes in 1½ quart microproof casserole. Add onion. Pour white sauce over potatoes. Stir to combine. Cover with waxed paper or lid. Cook on HIGH 14 to 15 minutes. Stir twice during cooking time. Sprinkle with cheese. Let stand 10 minutes or until cheese is melted.

CORN CASSEROLE

Carolyn Kern

1 can whole kernel corn, drained
1 can cream style corn
1 (7 oz.) box Jiffy cornbread mix (dry)
1 c. sour cream
2 eggs, beaten
½ c. oleo or oil
½ c. Cheddar cheese, grated

Mix together cornbread mix, corn, cream corn, sour cream, eggs, and oleo. Pour into sprayed 2 quart casserole. Bake 35 minutes at 350°. Top with cheese and bake about 10 minutes more until set.

CROCK POT CORN

Teri Zink

2 lb. frozen corn
1 (8 oz.) cream cheese
½ c. margarine
⅓ c. sugar
Salt and pepper

Cook in crock pot 5 to 6 hours on LOW setting.

GREEN BEAN CASSEROLE

Teri Zink

3 cans green beans
1 can mushroom soup
1 tsp. Worcestershire sauce
1 can dried French fried onion rings
½ c. milk

Mix together mushroom soup, Worcestershire sauce, and milk. Pour over green beans. Stir in about ¼ cup onion rings. Sprinkle over casserole, remaining onion rings. Bake at 350° for 30 minutes.

GREEN BEAN/CORN CASSEROLE

Karen Riggs

- **1 can French style green beans, drained**
- **1 can shoe peg corn (white), drained**
- **1 c. grated sharp Cheddar cheese**
- **½ c. chopped onions**
- **1 (8 oz.) sour cream**
- **1 can sliced water chestnuts, drained**
- **1 can mushroom soup**
- **1 stick oleo**
- **1 stack Ritz crackers, crushed**

Mix together all ingredients, except oleo and crackers. Spread in 9x13 inch pan or 2 quart casserole dish. Melt oleo; place crushed crackers in oleo to crumble. Spread over vegetable mixture. Bake 40 minutes in 400° oven.

GREEN RICE

Carolyn Kern

- **½ c. chopped onion**
- **1 c. chopped spinach (½ pkg. frozen spinach)**
- **1½ c. grated Cheddar cheese**
- **⅓ c. oleo, melted**
- **2 eggs**
- **2 c. milk**
- **2½ c. cooked white rice**
- **Salt and garlic powder to taste**

Combine all ingredients and pour into casserole. Bake at 325° for one hour or until firm.

EASY CREAMY CORN

Jamie Zink

- **2 (10 oz.) pkg. frozen corn**
- **2 Tbsp. sugar**
- **1 (8 oz.) pkg. cream cheese**
- **1 stick butter**
- **6 Tbsp. water**

Combine all ingredients and cook in crock pot 4 hours or at 350° for 45 minutes. I use field corn that I've blanched and frozen.

KATHY'S FAMOUS RICE

Lora Zink

- **1 c. mushroom pieces**
- **1 c. Minute rice**
- **2 cans beef consomme**
- **½ c. water**
- **¼ c. butter**
- **4 green onions with tops, chopped**
- **Salt and pepper to taste**

Mix all ingredients in casserole, cover, and cook at 450° for 45 minutes to 1 hour. Stir occasionally.

OVEN BAKED POTATOES

Myra Habiger

- 1 (32 oz.) pkg. frozen hash browns
- 1 can cream of chicken soup
- 1 (16 oz.) sour cream
- 2 c. shredded Cheddar cheese
- ½ c. chopped onions
- 1 tsp. salt
- 1 tsp. pepper
- ¾ c. melted butter
- 2 c. crushed corn flakes

Mix together hash browns, cream of chicken, sour cream, cheese, onions, salt, pepper, and ½ cup butter. Spread into 13x9x2 inch baking dish. Combine remaining butter and crushed corn flakes. Spread evenly over mixture. Bake at 350° for 1 hour. Serves 8.

SPINACH CASSEROLE

Jane Habiger

- ½ c. butter, melted
- 2 pkg. frozen chopped spinach, thawed
- 1 large container cottage cheese
- 1 lb. Cheddar cheese, shredded
- 1 tsp. cream of tartar
- 3 Tbsp. flour
- 6 eggs, slightly beaten

Slightly cook spinach as package directs. Drain well and cool. Mix spinach and all other ingredients in large bowl. Bake at 350° in 9x12 inch uncovered dish for one hour.

SPECIAL MASHED POTATOES

Joyce A. McAtee

- 12 large potatoes, peeled and boiled in salt water
- 1 (8 oz.) pkg. cream cheese, softened
- 1 (8 oz.) ctn. sour cream
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ¼ c. melted butter or margarine
- Paprika

Combine cooked potatoes, cream cheese, sour cream, onion, and garlic powder. Whip or mash until fluffy; add small amount of milk, if necessary. Spread into a buttered 9x13 inch pan. Refrigerate or freeze until needed. When ready to use, drizzle melted butter over top and sprinkle with paprika. Bake at 350° for 1 hour.

SWEET POTATOES

Jamie Zink

4 c. mashed yams
¾ c. brown sugar
¼ tsp. salt
¼ c. margarine, melted
½ c. chopped nuts
Marshmallows

Put yams through food processor to mash. Combine the remaining ingredients, except for marshmallows and bake at 350° for 30 minutes. Sprinkle marshmallows on top and return to oven for several minutes.

VINTAGE RICE

Carolyn Kern

1 onion, chopped
2 stalks celery, chopped
1 tsp. parsley
½ c. butter or oleo
1 c. rice
1 c. mushrooms with liquid
1 c. beef broth
1 c. water
1½ tsp. poultry seasoning
Salt to taste
Pepper to taste

Brown onion and celery in butter. Add all other ingredients. Cook, covered, about 25 minutes. (Add water if needed.)

Main Dishes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast			
(10 inch) ribs	4	1¾	140° (rare)
(If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer)		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump	5	2¼	140° (rare)
(Roast only if high quality.		3	160° (medium)
Otherwise, braise.)		3¼	170° (well done)
Sirloin tip	3	1½	140° (rare)
(Roast only if high quality.		2	160° (medium)
Otherwise, braise.)		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 2½ lb.	400°	1 to 1½ hr.
(Unstuffed)	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK	3 to 5 lb.	325°	2½ to 3 hr.
(Unstuffed)			

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MAIN DISHES

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AMERICAN CHOP SUEY

In memory of Amelia Hertach

1 lb. hamburger	2 small onions, chopped
¼ c. soy sauce	1½ c. chopped celery
2 cans water	¾ c. rice (uncooked)
1 can mushroom soup	

Brown meat. Drain off fat. Add other ingredients and place in baking dish. Pan your rice and then put meat and other ingredients over rice. Stir once or twice during baking. Bake 1 hour in 350° oven. Do not season.

BACON-N- HASH BROWN CASSEROLE

Tina Willt

1 lb. bacon	Eggs
1 onion	Cheddar cheese
1 large bag frozen hash browns	

Chop bacon and onion and fry until done. Drain grease. Put in frozen hash browns and cook until done. Make wells for egg and drop an egg in each well. Cook until eggs are done. Sprinkle with Cheddar cheese.

BBQ MEATBALLS

Linda Huff

3 lb. ground beef	½ c. chopped onion
1 can evaporated milk	½ tsp. garlic powder
1 c. oatmeal	2 tsp. salt
1 c. cracker crumbs	½ tsp. pepper
2 eggs	2 tsp. chili powder

Sauce:

2 c. catsup	½ tsp. garlic powder
1 c. brown sugar	¼ c. chopped onion
½ tsp. liquid smoke	

Meatballs: Combine ingredients (mixture will be soft) and shape into walnut sized balls. Place meatballs in a single layer on waxed paper lined cookie sheets;

freeze. Store frozen meatballs in freezer bags until ready to use. Combine sauce ingredients and pour over frozen meatballs in a 9x13 inch baking dish. Bake at 350° for 1 hour. Makes 80 meatballs.

BARBECUED MEATBALLS

Mary Schoonover

- 1 (12 oz.) can evaporated milk
- 1 c. quick cooking oats
- 1 c. crushed crackers
- 2 eggs, beaten
- ½ c. chopped onion
- 2 tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder
- 3 lb. ground beef

Sauce:

- 2 c. ketchup
- 1 c. brown sugar
- ¼ c. chopped onion
- ½ tsp. liquid smoke
- ½ tsp. garlic powder

In a large bowl, mix first nine ingredients. Shape into ¼ inch balls. Place in a single layer on wax paper. Freeze until solid. Store in freezer bags until ready to use. Place frozen meatballs in 9x13 inch dish. Combine sauce ingredients and pour over meatballs; bake, uncovered, at 350° for 1 hour.

BARBECUED MEAT BALLS

Myra Habiger

- 1 can evaporated milk
- 3 lb. hamburger
- 2 c. quick oats
- 2 eggs
- 1 c. chopped onion
- ½ tsp. garlic powder
- 2 tsp. salt
- ½ tsp. pepper

Sauce:

- 2 Tbsp. catsup
- 1½ c. brown sugar
- 2 Tbsp. liquid smoke
- ½ tsp. garlic powder
- ½ c. chopped onion

Combine all ingredients together. Use ice cream scoop to make meat balls. Put into 2 (9x13 inch) pans. Makes about 30 meat balls. Mix sauce ingredients together and pour over meat balls. Bake at 350° for 1 hour.

BARBEQUED MEAT BALLS

Anna Lee Habiger

Meat Balls:

3 lb. hamburger
1 (12 oz.) can evaporated milk
2 c. quick oatmeal
2 eggs
½ to 1 c. chopped onion
½ tsp. garlic powder
2 tsp. salt
½ tsp. pepper

Sauce:

2 c. ketchup
1½ c. brown sugar
1 to 2 Tbsp. liquid smoke
½ tsp. garlic powder
½ chopped onion

Combine all of the ingredients for the meat balls. Mix well, roll into medium-size balls, and place in two 9x13 inch baking pans. Combine all of the ingredients for the sauce. Spoon sauce over the meat balls evenly. Bake one hour at 350°.

BARBECUE PORK CHOPS

Teri Zink

1 can mushroom soup
1 Tbsp. Worcestershire sauce
4 medium pork chops
1 c. catsup
½ onion, chopped

Mix and pour over pork chops. Bake 2 hours at 375° in casserole dish large enough to allow for chops.

BARBECUED PORK IN THE SLOW COOKER

Teri Zink

2 to 3 lb. boneless pork roast, cubed
2 onions, chopped
12 oz. bottle barbecue sauce
¼ c. honey
Sandwich rolls

Place meat in slow cooker. Add onions, barbecue sauce, and honey. Cover. Cook on LOW 6 to 8 hours. Use 2 forks to shred meat. Serve on rolls with sauce.

BARBECUED SPARERIBS

In memory of Amelia Hertach

4 lb. spareribs
2 sliced onions
2 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
1 tsp. salt
½ tsp. cayenne pepper
1 tsp. paprika
½ tsp. black pepper
1 tsp. chili powder
¾ c. tomato catsup
¾ c. water

Cut meat in pieces; place in a roaster. Mix ingredients, pour over meat, and bake 1½ to 2 hours.

BEEF STEW

Geri Habiger

2 lb. round steak, cut into cubes
1 tsp. salt and pepper
3 Tbsp. tapioca
1 slice white bread, cubed
1 (No. 303) can tomatoes
1 c. celery
2 medium sized onions
6 potatoes, cut in chunks
6 carrots, cut in chunks

Place ingredients in order given. Put in a casserole dish and cover. Bake at 250° for 5 hours. Stir once, ½ hour before the stew is done.

BEEF STIR-FRY

Jamie Zink

1 to 2 lb. round steak
¼ c. soy sauce
1 clove garlic
½ tsp. ground ginger
Large onion
Large green pepper
1 c. water
1 Tbsp. cornstarch
Rice

Pound steak to tenderize, cut into strips, and then fry in nonstick skillet. When about done, add onion and peppers. Cut into strips. Combine soy sauce, garlic, and ginger; add to steak. When vegetables are cooked, mix cornstarch and water and add to meat, stirring until thickened. Serve over rice.

BIEROCK CASSEROLE

Karen Riggs

2 tubes crescent rolls
1½ lb. ground beef
1 small head cabbage, shredded
1 chopped onion
1 can mushroom soup
2 c. shredded cheese
Salt and pepper to taste

Unroll 1 tube of rolls. Spread in bottom of greased 9x13 inch pan. Brown beef and onions. Drain. Add salt and pepper, cabbage, and mushroom soup. Cook until tender. Place mixture in pan and top with cheese. Unroll second tube of rolls and place on top. Bake for about 30 minutes at 350° or until brown. Serves 8 to 10.

BREAKFAST CASSEROLE

Carolyn Kern

8 to 10 eggs
6 slices bread, cubed
1 c. Cheddar cheese
1 lb. sausage, cooked and drained
2 c. milk
1 tsp. salt
1 tsp. dry mustard

Beat eggs with milk, salt, and mustard. Arrange bread, cheese, and sausage in 9x13 inch cake pan. Pour eggs over the ingredients. Refrigerate overnight. Bake at 350° for 35 to 45 minutes until set.

BUSY DAY STEW

Diane Zink

1¼ lb. stew meat
4 potatoes
2 carrots
2 c. diced celery
1 pkg. onion soup mix
1 c. chopped onion
1 (14 oz.) can diced tomatoes
1 c. water
Salt and pepper

Cut meat into small pieces. Dice potatoes and carrots. Put all ingredients together in roaster. Bake in 250°F. oven for 5 to 6 hours. Delicious and tender. Serves 6.

CHALUPA

Teri Zink

3 lb. pork roast
1 lb. dry pinto beans
2 garlic cloves, minced
1 Tbsp. ground cumin
1 Tbsp. dried oregano
2 Tbsp. chili powder
1 Tbsp. salt
4 oz. can chopped green chilies
Water
Shredded lettuce
Hard shell tortillas

Cover beans with water and soak overnight in slow cooker. In the morning, remove beans (reserving soaking water), and put roast in bottom of cooker. Add remaining ingredients (including the beans and their soaking water) and more if needed to cover all the ingredients. Cook on HIGH 1 hour, and then on LOW 6 hours. Remove meat and shred with two forks. Return meat to slow cooker. Cook on HIGH 1 more hour. Serve over tortilla shell and shredded lettuce. Top with grated cheese, chopped onions, and tomatoes.

CHICKEN-BROCCOLI CASSEROLE

Ann Habiger

2 (10 oz.) pkg. broccoli, cooked and drained
2 c. cubed chicken
2 cans cream of chicken soup
1 c. mayonnaise
1 tsp. lemon juice
½ c. sharp cheese, shredded
½ c. bread crumbs, buttered
1 tsp. salt
1 tsp. pepper

Arrange broccoli in greased baking dish. Place chicken on top. Combine mayonnaise, lemon juice, and seasonings. Pour over chicken. Add cheese; cover with bread crumbs. Bake at 350° for 30 minutes.

CHICKEN AND DUMPLINGS

Linda Huff

1 broiler-fryer (2½ to 3 lb.), cut up into 8 pieces
3 c. water
4 medium carrots, cut in ¼ inch rounds
1 medium yellow onion, sliced
1 bay leaf
4 peppercorns
1 Tbsp. salt
3 cubes chicken bouillon or 3 pkg. dehydrated chicken broth
2 stalks celery, cut into 1 inch diagonal pieces (about 1½ c.)
¼ c. all-purpose flour

In a large deep fry pan, arrange the chicken pieces flat, covering the bottom. Add the next seven ingredients evenly over the chicken. Bring to a boil. Skim the top, reduce heat to simmer, and cook, covered, for 1 hour. Toss celery with flour until well coated. Stir in the flour mixture. Add the celery and cook, covered, for 30 minutes. Prepare dumplings. Remove bay leaf and peppercorns; raise heat temperature to boiling point. Spoon dumplings by rounded tablespoons on top of the chicken mixture. Cover tightly. Reduce heat; simmer 12 to 15 minutes or till done.

Microwave Version: (Preparation Time: 20 minutes; Cooking Time: 38 minutes.) In a large shallow glass baking dish, arrange chicken pieces on bottom. Add the next seven ingredients. Cook, covered (with glass cover or waxed paper), 24 minutes, stirring once. Add the flour mixture and celery. Cook at highest temperature, covered, for 8 minutes. Prepare dumplings. Remove bay leaf and peppercorns, if desired, and remove meat from bone at this point. Spoon dumplings by rounded tablespoons onto chicken mixture. Cook, covered, 6 minutes or until dumplings are no longer doughy on underside.

Dumplings:

1½ c. all-purpose flour
2 tsp. baking powder
1 tsp. parsley flakes
½ tsp. salt
⅔ c. milk
1 egg, beaten
2 Tbsp. salad oil

In mixing bowl, combine the flour, baking powder, salt, and parsley flakes. Combine the milk, egg, and oil; add to the dry ingredients. Mix till just moistened. See chicken recipe for cooking.

CHICKEN ENCHILADAS

Jamie Zink

1 chicken, cooked and deboned
1 can chopped green chilies
1 can cream of chicken
1 can cream of mushroom
2 c. shredded Cheddar cheese, divided
1 c. chicken broth
1 small onion, chopped
1 pkg. flour tortillas

Combine chicken, chilies, broth, soups, and onion. Spread a little in the bottom of a 9x13 inch pan. Layer ½ package of tortillas, 1 cup cheese, half the chicken sauce, remaining tortillas, remaining cheese, and remaining chicken sauce. Bake at 350° for 30 minutes.

CHICKEN NOODLE CASSEROLE

Myra Habiger

1 (16 oz.) pkg. noodles, cooked
4 chicken breasts, well cooked, cut into chunks
1 can cream of chicken soup
1 c. sour cream
1 can chicken broth (optional)
1 roll Ritz crackers
1 stick margarine

Mix all together and spread into a 9x13 inch baking dish. Top with one roll Ritz crackers, crushed and one stick margarine, melted. Spread over chicken noodle mixture. You can add some chicken broth if noodle mixture is too dry. Bake at 350° for 30 to 40 minutes.

CHICKEN TETRAZZINI

Karen Habiger

1 chicken, cooked, boned, and cut up (save broth)
1 (6 oz.) pkg. spaghetti
1 can cream of mushroom soup
1 Tbsp. oleo
½ c. onion, chopped
¼ lb. Velveeta cheese, cubed
1 soup can milk

Cook spaghetti in chicken broth. Add remaining ingredients, except cheese, and mix all together. Top with cheese. Bake for 30 minutes in a 325° oven. Delicious with salad and French bread.

CHILI CORN-CHIP CASSEROLE

Rita McAtee

2 lb. ground beef
1½ c. chopped onion
2 pkg. taco seasoning
1 (28 oz.) can tomato sauce
1 large bag corn chips, broken up
2 cans pinto beans, drained
2 cans sliced black olives
3 c. Cheddar cheese, grated

Brown meat with onion. Add seasonings and tomato sauce. Simmer 10 minutes. Layer casserole, starting with meat mixture, layer of corn chips, beans, olives, and cheese. Top it off with left over chips and cheese. Bake 50 minutes at 350°.

CREAMY BAKED CHICKEN

Geri Habiger

4 chicken breasts, split, skinned, and boned
8 (4x4 inch) slices Swiss cheese
1 (10¾ oz.) can cream of chicken soup
¼ c. dry white wine or water
1 c. crushed croutons
¼ c. melted margarine

Arrange chicken in a lightly greased 9x13 inch pan. Top with cheese slices. Combine soup and wine; stir well. Spoon evenly over chicken. Sprinkle with crushed croutons. Drizzle margarine over crumbs. Bake at 350° for 50 minutes or until chicken is tender.

CROCK POT HAMBURGER CASSEROLE

Jamie Zink

3 large potatoes, cubed
3 carrots, sliced
1 can green beans
1 can corn
1 onion, chopped
1½ lb. hamburger
1 can tomato soup
1 can water
Salt and pepper

Brown hamburger with onion; drain. In a crock pot, layer vegetables, then hamburger. Mix soup and water; pour over all. Salt and pepper to taste. Cook on LOW 6 to 8 hours.

DIFFERENT GOULASH

Beverly Roelfs

1½ lb. hamburger
1 medium onion, diced
1 (10¾ oz.) can tomato soup
1 (8 oz.) can tomato sauce
1 (15 oz.) can kidney beans, drained
1 beef bouillon cube
1½ c. water
8 oz. corkscrew pasta, cooked and drained
Grated Parmesan cheese (optional)

In skillet, brown beef. Drain fat. Add onion and cook until tender; set aside. In large saucepan, combine soup, tomato sauce, beans, bouillon, and water. Add cooked pasta and beef. Heat through. Sprinkle with cheese if desired. Yield: 4 to 6 servings.

EASY-DOES-IT-SPAGHETTI

Linda Siemer

1 lb. ground beef
2 Tbsp. dry minced onion
1 tsp. salt
½ tsp. garlic powder
2 (8 oz.) cans tomato sauce
1½ tsp. Italian seasoning
1 (4 oz.) can sliced mushrooms
3 c. tomato juice

Brown ground beef in skillet and place in crock pot. Add all remaining ingredients, except dry spaghetti; stir well. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 5 hours). Turn to HIGH for the last hour and stir in dry spaghetti, broken into pieces.

ELEANOR'S HOMEMADE NOODLES

Valerie Orth

1 c. flour
1 egg
Salt to taste
Milk for tender noodles
Water for "tougher" noodles
5 c. flour

Makes a pretty good batch of noodles. Per serving size. Can be "doubled" for family meals.

Mix flour, egg, salt, and milk or water. Stir until blended. Add just enough milk or water to make a stiff dough. If you want them tender, use milk; for "tougher" noodles, use water. For richer noodles, add an extra egg.

Roll dough out on floured surface. Thick or thin as desired. Roll into a spiral roll (like cinnamon rolls) and cut ¼ inch or ½ inch thick (as desired). Unwind and cut to desired length. Sprinkle with flour to keep from sticking. Add to your favorite broth and cook until desired tenderness. Can be frozen also. Make's a wonderful chicken and noodles!

FOUR PASTA BEEF BAKE

Geri Habiger

4 to 8 c. uncooked pasta (4 different shapes)
1 to 2 lb. ground beef
1 to 2 medium peppers, chopped
1 to 2 medium onions, chopped
1 to 2 c. sliced fresh mushrooms
2 to 4 (26 oz.) jars meatless spaghetti sauce
1 to 2 eggs, lightly beaten
2 to 4 c. shredded Mozzarella cheese

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef, green peppers, onions, and mushrooms over medium heat until meat is no longer pink; drain. Drain pasta and place in a large bowl; stir in the beef mixture, two jars of spaghetti sauce, and eggs. Transfer to two greased 9x13 inch baking dishes. Top with remaining sauce; sprinkle with cheese. Bake, uncovered, at 350° for 25 to 30 minutes or until heated through.

GRILLED OR BAKED SPARERIBS

Diane Zink

6 lb. pork spareribs or country style ribs
1½ c. catsup
¾ c. packed brown sugar
½ c. vinegar
½ c. honey
⅓ c. soy sauce
1 tsp. salt
¾ tsp. ground mustard
½ tsp. garlic powder
¼ tsp. pepper

Cut ribs into serving-size pieces. Place with meaty side up on racks on two greased 13x9 inch baking pans. Cover tightly with foil. Bake at 350°F. for 2 hours or until meat is tender. Drain. Remove from racks and return ribs to pans. Combine remaining ingredients. Pour over ribs. Return to oven, uncovered, for 35 minutes, basting occasionally, until sauce coats ribs, or place ribs to be grilled over medium hot coals for the last 25 minutes, basting occasionally, instead of baking. Serves 12.

HOMEMADE DRESSING

In memory of Amelia Hertach

2 regular size loaves bread
4 eggs
1 c. chopped celery
1 pkg. onion soup
Add giblets
Pepper to taste
4 chicken bouillon cubes
Add milk to desired consistency

Mix all ingredients. Put dressing in foil lined roaster with turkey approximately 2 hours before turkey is done. Bake in 375° oven.

HOT CHICKEN SALAD

Mary Schoonover

- **4 c. chicken breast or 3 to 3½ lb. cooked and chunked**
- **1 tsp. salt**
- **4 c. finely chopped celery**
- **4 tsp. lemon juice**
- **1 c. slivered almonds**
- **2 Tbsp. chopped green onion**
- **2 c. real mayonnaise**
- **1 c. chicken broth**
- **7 oz. bag potato chips**
- **2 c. grated sharp Cheddar cheese**

Mix ingredients, except for chips and cheese. Place in 9x13 inch pan. Mix chips and cheese well and top; bake at 400° for 15 minutes. May be refrigerated and baked just before serving or it may be frozen. Makes a meal for 10 to 12 people.

HUNTINGTON CHICKEN

Geri Habiger

- **2 to 3 chicken breasts, cooked and cut up**
- **2 c. shell pasta, cooked**

Combine:

- **2 cans chicken broth**
- **¼ to ⅓ c. cornstarch**
- **2 c. Cheddar cheese**

Combine and top with bread crumbs or other toppings. Bake at 350° for 45 minutes or until bubbly.

ITALIAN SPAGHETTI

Pam Wirth

- **1 lb. hamburger**
- **½ c. chopped onion**
- **1 can cream of mushroom soup**
- **1 can tomato soup**
- **1 can water**
- **1 Tbsp. Italian seasoning**
- **Salt and pepper**
- **½ lb. cooked spaghetti**
- **Cubed Velveeta**

Brown hamburger with onion. Heat soups and seasonings together. Add Velveeta and spaghetti. Top with cheese. Bake in 2 quart casserole for 30 minutes at 350°.

MAC HELPERS

Joyce A. McAtee

- ½ c. shredded Cheddar cheese
- 1 small onion, chopped
- 1 egg
- 2 Tbsp. ketchup
- 1 Tbsp. Worcestershire sauce
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 Tbsp. grated Parmesan cheese
- 1 lb. ground beef
- 6 bacon strips
- 6 hamburger buns, split

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into six patties. Wrap a bacon strip around each; secure with a toothpick. Grill until beef is no longer pink. Discard toothpicks. Serve on buns. Yield: 6 servings.

MEATLOAF

Diane Zink

- 2 lb. hamburger
- 1 pkg. dry onion soup
- 3 eggs
- 8 oz. tomato sauce
- Season salt and pepper to taste
- 20 crackers, crushed or 1 c. oatmeal
- Bacon on top

Topping:

- ¼ c. catsup
- 2 Tbsp. prepared mustard
- 3 Tbsp. brown sugar

Grease 8x8 inch pan. Bake 1 hour at 350°F. Put topping on; bake another ½ hour.

MEXICAN CASSEROLE

Jamie Zink

- 2 lb. hamburger
- 1 large onion, diced
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can enchilada sauce
- 1 can green chilies, diced
- 1 can evaporated milk
- 1 lb. Velveeta cheese
- Tortilla shells

Fry hamburger and onion together; drain. Add remaining ingredients, except tortilla shells. Put a third of sauce in 9x13 inch pan. Layer ½ package of shells over sauce, a third of sausage, remaining shells, and remaining sauce. Bake at 350° for 35 minutes.

MICKAELA'S CHICKEN

Jane Habiger

Chicken tenders or breasts to fill 9x13 inch dish
Italian bread crumbs
Vegetable oil (as needed)
Butter (as needed)
1 ctn. fresh mushrooms, chopped or 1 can
1 c. cooking wine

Coat chicken pieces with bread crumbs and fry in oil and butter in 325° skillet. Make sure oil/butter cover bottom of chicken. Fry until lightly brown on both sides. Add oil/butter as needed. Place cooked chicken in 9x13 inch baking dish. Add mushrooms to oil/butter mixture in skillet and simmer for a couple of minutes. Remove most of the oil/butter mixture from skillet, leaving mushrooms. Pour cooking wine over mushrooms and let warm for about one minute. Pour mushrooms and wine over chicken. Cover with aluminum foil and bake at 350° for approximately 30 minutes.

NO FUSS LASAGNA

Mary Kaiser

1½ lb. ground beef
1 (12 oz.) can tomato paste
3 c. water
2 pkg. spaghetti sauce mix
1 Tbsp. sugar
4 tsp. dried parsley flakes
½ tsp. salt
½ tsp. garlic powder
¼ tsp. pepper
2 eggs, beaten
16 oz. ctn. cottage cheese
2 c. shredded Cheddar cheese, divided
2 c. shredded Mozzarella cheese, divided
1 (16 oz.) pkg. lasagna noodles (uncooked)

In a large saucepan, brown ground beef; drain. Add tomato paste, water, spaghetti sauce mix, sugar, parsley, salt, garlic powder, and pepper. Simmer, partially covered, for 20 minutes. Stir occasionally.

In a bowl, combine eggs, cottage cheese, and half the Cheddar and Mozzarella cheeses. Set aside. Spoon one-third of the meat sauce into a 9x13 inch pan. Place half the noodles over sauce. Top with one-third of the meat sauce and press down. Spoon cheese mixture over all. Cover with remaining noodles and meat sauce. Cover and refrigerate overnight. Bake, covered, at 350° for 1 hour. Sprinkle with remaining cheeses and bake additional 15 minutes. Let stand 10 minutes before cutting.

ORANGE CHICKEN BREASTS

Jamie Zink

4 to 6 chicken breasts or pork chops
½ c. orange juice
1 tsp. salt
¼ tsp. pepper
½ tsp. dry mustard
¼ c. brown sugar

Place chicken or chops in baking pan. Mix all other ingredients and pour over meat. Bake at 350° for 30 to 40 minutes.

PORCUPINE MEATBALLS

Karen Habiger

1 lb. ground beef
¼ c. uncooked rice
1 slightly beaten egg
1 Tbsp. parsley
2 Tbsp. onion
½ tsp. salt
⅛ tsp. pepper
1 can tomato soup
½ c. water
1 tsp. Worcestershire sauce

Combine meat, rice, egg, parsley, onion, salt, pepper, and ¼ cup tomato soup. Mix, shape into 20 balls, and place in skillet. Brown on all sides. Mix remaining soup, water, and Worcestershire sauce; pour over meat. Bring to boil; reduce heat. Cover and simmer for 40 to 45 minutes, stirring often.

POTLUCK CHICKEN CASSEROLE

Linda Huff

8 c. cubed cooked chicken
2 cans cream of chicken soup (undiluted)
1 c. (8 oz.) sour cream
1 c. butter flavored cracker crumbs (about 25)
2 Tbsp. butter or margarine, melted
1 tsp. celery seed
Fresh parsley (optional)
Red pepper rings (optional)

Combine chicken, soup, and sour cream. Combine cracker crumbs, butter, and celery seed; sprinkle over mixture. Bake, uncovered, at 350° for 30 to 35 minutes, or until bubbly. Garnish with parsley and red pepper if desired. Great.

POULTRY STUFFING

Stella Siemer

½ c. butter
1 c. chopped onion
1 c. chopped celery
1 c. sliced mushrooms
12 c. toasted bread cubes
2 eggs, well beaten
2 c. turkey or chicken broth
2 tsp. poultry seasoning

Combine butter or margarine, onion, and celery in large skillet. Cook until tender. Remove from heat. Add remaining ingredients and toss lightly until well mixed. Spoon into lightly greased 3 quart casserole. Cover and bake in 350° oven for 45 minutes or until lightly brown. Serves 12 to 18.

SALISBURY PIE

Pam Wirth

- ¼ c. chopped onion
- 1 lb. browned hamburger
- 1 tsp. salt
- ¼ tsp. pepper
- 1 can tomato soup
- 1 can French style green beans
- Mashed potatoes

Brown hamburger with onion. Add seasonings, soup, and beans. Pour into baking dish. Top with mashed potatoes. Bake at 350° for 30 minutes.

SALMON LOAF SUPREME

Frances Reichuber

- 1 lb. can salmon, flaked
- 1 c. grated American cheese
- 1 egg, beaten
- ¾ c. milk
- 1 Tbsp. butter, melted
- 1 tsp. seasoning salt
- 1 Tbsp. lemon juice
- 1 c. cracker crumbs
- ½ c. buttered crumbs

Combine in order given and top with buttered crumbs. Bake at 350° for 30 to 45 minutes. Serves 6.

SALMON PATTIES

Marilyn Kaiser

- 1 (14 oz.) can salmon with juice
- 2 eggs
- 1 small onion, chopped or 1 Tbsp. onion flakes
- 10 to 12 soda crackers, crumbled or enough to make the patties hold together

Mash salmon. Add eggs and onion. Mix, add cracker crumbs, and make into patties. Place patties in heated skillet with small amount of oil. Fry until brown on both sides. Serves 4 to 6.

SAUSAGE CASSEROLE

Mary Schoonover

- 1 lb. sausage
- ½ c. chopped onion
- 1 c. chopped celery
- 3 oz. can mushrooms
- 1½ pkg. chicken noodle soup mix
- ½ c. toasted almonds
- 2½ c. water
- 1 can water chestnuts, sliced
- 3 c. cooked rice

Mix all ingredients together and bake, covered, at 350° for 1 hour. Use several pans for 2 to 4 people. Cook before freezing and then warm to serve.

SCAMBOLI

Jeanne Schloctermeier

2 loaves frozen bread dough, thawed
1 lb. sausage, cooked and drained
Ham, diced
Pepperoni, sliced
2 eggs
¼ c. oil
½ tsp. garlic powder
1 tsp. parsley
1 tsp. oregano
1 tsp. Italian seasoning
2 c. Mozzarella cheese

Combine eggs, oil, and seasonings; spread half of filling over each loaf, which have been rolled out. Layer meat and then top with cheese. Roll up jelly roll style and pinch edges together. Bake, seam side down, for 30 minutes at 350°.

SMOTHERED BAKED FISH

Jane Habiger

1½ lb. fish fillets
8 oz. sour cream
¼ c. shredded Parmesan cheese
½ tsp. paprika
2 Tbsp. Italian bread crumbs
2 Tbsp. butter/margarine, melted
½ tsp. salt
¼ tsp. pepper

Place fish fillet in single layer in lightly greased 9x13 inch pan. Stir together sour cream, Parmesan cheese, paprika, salt, and pepper. Spread mixture evenly over fish fillets. Sprinkle with bread crumbs and drizzle with butter. Bake 25 to 30 minutes at 350°.

SPAGHETTI CASSEROLE

Geri Habiger

1 lb. hamburger
¼ c. chopped green pepper
1 (10 oz.) can mushroom soup
1 soup can water
1 clove garlic, minced
1½ lb. cooked and drained spaghetti
½ c. chopped onion
2 Tbsp. margarine
1 (10 oz.) can tomato soup
½ tsp. Worcestershire sauce
1 c. grated cheese
1 tsp. salt

Brown meat over medium heat with onion, garlic, and green peppers. Drain grease. Add soups, water, and Worcestershire sauce. Put in casserole dish. Stir in spaghetti with cheese. Bake at 375° for 1 hour.

SWEDISH MEATBALLS

Valerie Orth

4 eggs
1 c. milk
8 slices white bread, torn
2 lb. ground beef
¼ c. finely chopped onion
4 tsp. baking powder
1 tsp. salt
1 tsp. pepper
2 cans cream of chicken soup (undiluted)
2 cans cream of mushroom soup (undiluted)
1 can evaporated milk

In a large bowl, beat eggs and milk. Add bread. Let stand for 5 minutes. Stir gently. Add beef, onion, baking powder, salt, and pepper. Mix well; mixture will be soft. Shape into 1 to 2 inch balls. Place in a roaster at 400° for 30 minutes. Turn down oven to 350°.

To make sauce, combine soups and evaporated milk in a bowl; beat smooth. Pour over meat after 30 minutes at 400°. Cook 30 minutes more at 350°. Sprinkle with parsley flakes. Yield 8 to 10 servings.

Cut recipe in half for smaller meals, or make whole, then divide and freeze. Reheat at 350° until bubbly.

SWEET AND SOUR CHICKEN

Jamie Zink

1 (20 oz.) can pineapple chunks
1 Tbsp. cornstarch
2 Tbsp. sugar
2 Tbsp. vinegar
2 Tbsp. soy sauce
2 Tbsp. oil, divided
1 lb. chicken breast, cubed
1 green pepper, wedged
1 onion, wedged
4 c. hot cooked rice

Drain pineapple juice into small bowl. Whisk cornstarch into juice; add sugar, vinegar, and soy sauce. In a nonstick skillet, heat 1 tablespoon oil and fry chicken till done; remove from pan. Add remaining 1 tablespoon oil and fry peppers and onion. Return chicken to pan, pour cornstarch mixture in, and stir until thickened. Serve over rice.

SWEET-SOUR PORK

Mary Kaiser

1 lb. boneless pork

Batter:

- **1 beaten egg**
- **¼ c. cornstarch**
- **¼ c. flour**
- **¼ c. chicken broth**
- **½ tsp. salt**

Sauce:

- **1¼ c. chicken broth**
- **½ c. sugar**
- **⅓ c. red wine vinegar**
- **2 tsp. soy sauce**
- **2 Tbsp. cornstarch**
- **¼ c. cold water**

In a bowl, combine egg, cornstarch, flour, chicken broth, and salt. Beat till smooth. Cut pork into 1 inch cubes; dip pork cubes into batter. Fry in deep hot cooking oil (365°) for 5 to 6 minutes or till golden brown. Drain; keep warm.

In a saucepan, combine chicken broth, sugar, red wine vinegar, and soy sauce. Bring to boiling; boil rapidly 1 minute. Stir cornstarch into cold water. Mix into sauce; cook till bubbly. Cook and stir 1 to 2 minutes more. Stir in pork cubes. Serve with hot cooked rice or over mashed potatoes, if desired. Makes 4 to 6 servings.

TACO CASSEROLE

JoEllen Schroeder

- **3 lb. ground hamburger**
- **1 (15 oz.) can tomato sauce**
- **1 chopped green pepper**
- **1 medium chopped onion**
- **1 Tbsp. chili powder**
- **1 can enchilada sauce**
- **Salt and pepper**
- **Dash of Tabasco**
- **2 sacks Doritos chips**
- **Cheddar cheese**

Brown meat with onion and green pepper; drain. Add rest of ingredients to ground beef and heat through, stirring well. Place layers of this in casserole, then chips and grated cheese until ground beef is used up. Put grated cheese on top. Cover and bake 30 to 40 minutes. Good with tossed salad.

TATER TOT CASSEROLE

Jamie Zink

- **1 lb. hamburger**
- **1 pkg. tater tots**
- **1 can cream of mushroom soup**
- **1 can milk**
- **2 c. shredded Mozzarella cheese**

Brown hamburger; drain. Place tater tots in 9x13 inch pan; put hamburger over tots. Mix soup, milk, and cheese; pour over hamburger. Bake at 350° for 30 minutes.

TURKEY CASSEROLE

Edythe E. Roelfs

- **2 c. turkey, cooked**
- **1 can celery soup**
- **1 medium onion, chopped**
- **1 c. shredded cheese (sharp or mild)**
- **1 can mushroom soup**
- **1 soup can milk**
- **2 c. elbow macaroni (uncooked)**
- **Paprika (optional)**

Combine ingredients and put in a 9x13 inch baking pan, greased. Cover with foil and refrigerate an hour or overnight. Uncover and sprinkle with paprika. Bake 35 minutes at 350°. Chicken may be used instead of turkey.

UPSIDE DOWN PIE

Laura Trout

- **1 lb. hamburger**
- **1 can tomato soup**
- **1 onion**
- **1 green pepper**
- **1 pkg. Cheddar cheese**
- **1 can biscuits**

Fry hamburger, onions, and green pepper until brown. Drain. Add tomato soup. Mix well; no water added. Heat for 20 minutes. Place in a cake pan. Place biscuits on top. Bake until biscuits are done, about 8 minutes. When done, while serving, flip upside down and sprinkle with cheese.

Notes

Breads,
Rolls

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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ANGEL BISCUITS

Jamie Zink

1 pkg. dry yeast	**1 tsp. salt**
¼ c. water	**⅛ c. sugar**
2½ c. flour	**½ c. shortening**
½ tsp. baking soda	**1 c. buttermilk**
1 tsp. baking powder	

Dissolve yeast in warm water; set aside. Mix the dry ingredients in order given, cutting in the shortening as you would for pie dough. Stir in the buttermilk and yeast mixture and blend thoroughly. The dough is ready to refrigerate. When ready to make biscuits, turn the dough out onto a floured surface and knead lightly. Roll out, cut with biscuit cutters, and place in greased pan. Let the dough rise slightly before baking in a 400° oven for 12 minutes.

ANGEL BISCUITS

Danny Trout
Larry Trout

2 c. sifted flour	**½ c. shortening**
1 Tbsp. sugar	**1 beaten egg**
4 tsp. baking powder	**⅔ c. milk**
½ tsp. salt	

Sift together dry ingredients and cut in shortening until mixture resembles coarse crumbs. Combine egg and milk. Add flour to mixture, all at once. Stir until dough follows fork around ball. Turn out onto lightly floured board and knead gently with heel of hand about 20 strokes. Roll out dough about ¾ inch thickness. Dip 2 inch biscuit cutter in flour and cut straight down through dough. Place on ungreased baking sheet, ¾ inch apart for crispy biscuits. For soft biscuits, bake in 450° oven for 10 to 14 minutes until golden brown.

APPLE RAISIN BREAD

Karen Habiger

1 c. sugar	**2 Tbsp. buttermilk**
½ c. shortening	**2 whole eggs**
2 c. flour	**4 medium apples**
1 tsp. baking soda	**½ c. raisins**

Cream shortening, sugar, and eggs. Put in half the flour, then add buttermilk. Put raisins and baking soda in remaining flour. Add to mixture. Peel and grate apples and add to mixture. Bake 35 to 45 minutes at 350°. Makes 2 to 3 loaves.

APPLESAUCE DONUTS

Valerie Orth

Cream together:

2 c. applesauce
4 eggs
1 c. sugar
1 c. brown sugar
3 Tbsp. cooking oil
1 tsp. vanilla
½ c. milk

Sift together:

4½ c. flour
3 tsp. baking powder
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. salt
½ tsp. cloves
1 tsp. baking soda

Cream together "wet" ingredients in large mixing bowl. Sift dry ingredients together and stir into creamed mix. Blend well. Drop by teaspoonful into deep fryer or fry in grease in skillet until brown and floating. Drain on paper towels and roll in your choice of sugar or powdered sugar.

BANANA BREAD

Carolyn Kern

½ c. butter or oleo
2 eggs
2 c. bananas (about 6)
4 c. flour
1½ c. sugar
1 tsp. soda
6 Tbsp. milk
2 tsp. baking powder

Cream eggs, sugar, and butter. Beat in bananas. Dissolve soda in milk. Sift together flour and baking powder. Add to creamed mixture, alternating with milk. Bake in prepared loaf pans (2 large or 3 medium) at 350° for 45 to 50 minutes. Test with toothpick. Let cool 10 minutes and turn out to finish cooling.

BOHEMIAN RYE BREAD

Marilyn Kaiser

2 pkg. dry yeast
2½ c. warm water
2 Tbsp. sugar
⅓ c. melted shortening
1 Tbsp. salt
1 Tbsp. caraway seed
1 c. rye flour
5 to 6 c. white flour

In a large bowl, dissolve yeast in water. Sprinkle sugar over mixture. Add shortening and remaining ingredients. Stir until stiff. Knead until smooth. Cover. Let rise and double in bulk. Put into 2 loaves. Let rise and double in bulk. Bake 45 minutes or until done in a 325° oven.

BUTTERMILK BISCUITS

Vicki Folk

3 c. flour
1½ Tbsp. double acting baking powder
¾ tsp. baking soda
¾ tsp. salt
2 Tbsp. sugar
¾ c. butter (cold)
1 egg, slightly beaten
¾ c. buttermilk

For cheese biscuits, when kneading dough, knead in ½ cup grated cheese.

Sift dry ingredients together. Cut butter into tablespoons and with a pastry blender, blend into dry ingredients until mixture resembles cornmeal. Stir ½ cup buttermilk into beaten egg and add mixture to flour mixture. Stir quickly, adding remainder of buttermilk as necessary until dough forms a ball. Turn onto floured surface and knead once. Let dough rest for a minute, then roll out to ¾ inch thickness. Cut into 2 inch rounds. Place biscuits on buttered baking sheet, 1 inch apart. Bake at 400° for 15 minutes.

BUTTERMILK CORNBREAD

Vicki Folk

1 c. flour
1 c. cornmeal
¼ c. sugar
1 Tbsp. double-acting baking powder
1 tsp. baking soda
1 egg
1⅓ c. buttermilk
3 Tbsp. butter, melted

Stir together dry ingredients. Separately beat together eggs, milk, and butter. Pour liquid ingredients into dry; stir only to moisten. Pour immediately into buttered 8 inch pan. Bake at 425° for 30 minutes.

Delicious variations to serve with barbecue: Add 2 tablespoons finely chopped jalapeno peppers (seeded, of course) to batter before baking.

BUTTERMILK PANCAKES

Vicki Folk

2 c. flour
1 tsp. baking soda
1 tsp. salt
2 eggs
2 c. buttermilk
2 Tbsp. melted butter

Sift together dry ingredients. Beat eggs until light. Gradually beat in buttermilk and butter. Make well in dry ingredients. Pour in liquid ingredients and stir until just blended. Pour batter by large spoonfuls onto a hot, greased griddle. Cook over medium heat until bubbles form all over and underside is golden. Flip and continue to cook for 2 to 3 minutes more. Serve warm with butter and syrup or preserves. Makes 6 servings.

CARROT PINEAPPLE BREAD

Jamie Zink

1 c. oil
2 c. sugar
3 eggs
1 tsp. vanilla
2½ c. flour
½ tsp. salt
1 tsp. cinnamon
1 c. chopped nuts
2 c. grated carrots
1 c. crushed, drained pineapple

Mix first four ingredients together and then add flour, salt, soda, and cinnamon. Stir in nuts, carrots, and pineapple. Pour into 2 greased bread pans and bake at 350° for 45 minutes.

CHEESE GARLIC BISCUITS

Myra Habiger

2 c. Bisquick mix
⅔ c. milk
½ c. shredded Cheddar cheese (2 oz.)
¼ c. margarine, melted
¼ tsp. garlic powder

Mix baking mix, milk, and cheese until soft dough forms. Beat vigorously for 30 seconds. Drop dough by spoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown. Mix margarine and garlic powder. Brush over warm biscuits before removing from cookie sheet. Serve warm. Makes 10 to 12 biscuits.

CHERRY COFFEE CAKE

Pam Wirth

1 c. margarine
1¾ c. sugar
4 eggs
3 c. flour
1½ tsp. baking powder
½ tsp. salt
1 Tbsp. vanilla
1 can cherry pie filling or blueberry, peach, etc.

Cream together margarine and sugar. Add rest of ingredients, except pie filling. Batter will be thick. Spread thin layer in bottom of a greased sheet cake pan.

Spoon pie filling over. Spread rest of batter over pie filling. Bake 30 to 35 minutes at 350°.

Glaze with:

1 c. powdered sugar	**2 drops of almond flavoring**
2 Tbsp. Crisco	**Hot water**

Drizzle.

CINNAMON ROLLS BY BARBARA

Roxanna Habiger

Dissolve 2 packages yeast and 1 teaspoon sugar in 1 cup of lukewarm water. Let stand 10 minutes. Scald 1 cup milk.

Add:

6 Tbsp. margarine	**1½ tsp. salt**
½ c. sugar	

Let cool to lukewarm. Mix 2 cups flour with 3 beaten eggs, the water, and the milk mixture. Beat with a mixer. Add enough of the remaining 5 cups of flour to make a soft dough. Don't overknead.

Place in a greased bowl. Let rise until doubled. Punch down. Roll out ½ of the dough to about ¼ inch thickness and cover with melted butter. Sprinkle with a mixture of cinnamon, sugar, and flour (approximately ¼ cup sugar, ¼ cup flour, and 1 tablespoon cinnamon). Roll up tight. Cut into 1 inch slices and place on a greased baking sheet. Repeat with other half of dough. Let rise. Bake at 375° for about 20 minutes. Frost with a glaze of milk and powdered sugar mixed.

CORN BREAD

Carolyn Kern

⅓ c. sugar	**1 c. flour**
3 Tbsp. oleo or butter	**3 tsp. baking powder**
1 egg	**½ tsp. salt**
1 c. warm milk	**¾ c. yellow corn meal**

Cream sugar with oleo. Beat in egg. Combine dry ingredients and add to creamed mixture alternately with milk. Do not overbeat. Pour into sprayed 8x8 inch or round pan. Bake 25 minutes at 375°. Test with toothpick.

CROISSANTS

Roxanna Habiger

1½ c. butter or margarine
½ c. all-purpose flour
2 pkg. active dry yeast
¾ c. milk
¼ c. sugar
1 egg
3¾ to 4¼ c. all-purpose flour
1 egg yolk
1 Tbsp. milk

Cream butter with ⅓ cup flour. Roll mixture between waxed paper to 12x6 inch rectangle. Chill 1 hour or longer. Soften yeast in ½ cup warm water (110°). Heat ¾ cup milk, sugar, and 1 teaspoon salt till sugar dissolves. Cool to lukewarm; turn into bowl. Add yeast mixture and 1 egg; beat. Stir in 2 cups flour; beat. Stir in as much of remaining flour as you can mix in with a spoon.

On a lightly floured surface, knead in enough remaining flour to make a moderately soft dough. Knead till smooth and elastic (8 to 10 minutes). Let rest 10 minutes. Roll to 14 inch square. Place chilled butter on half the dough. Fold over other half; seal edges. Roll to 21x12 inch rectangle; seal edges. Fold into thirds. Roll to a 21x12 inch rectangle. Chill after each rolling. Fold into thirds to 12x7 inches. Chill several hours or overnight.

Roll ¼ of dough to a 12 inch circle. Cut into 12 wedges; roll each up loosely, starting from wide edge. Repeat with remaining dough.

Place on ungreased baking sheets, point down; curve ends. Cover; let rise till double (30 to 45 minutes). Beat egg yolk with 1 tablespoon milk; brush on rolls. Bake at 375° for 12 to 15 minutes. Remove from sheet to cool. Makes 48.

DUMPLINGS

Mary Ann Bieberle

4 eggs
½ tsp. salt
½ c. oleo
1¾ c. flour

Add eggs, one at a time, to the margarine, beating well after each addition. Add salt and flour. Drop by teaspoon (small pieces) into hot chicken broth. Simmer for at least 10 minutes.

FRENCH BREAD

Roxanna Habiger

7 to 7¼ c. all-purpose flour
2 pkg. active dry yeast
1 Tbsp. sugar
1 Tbsp. shortening
Yellow cornmeal
1 egg white

In a large mixer bowl, combine 3 cups of the flour and the yeast. Heat 2½ cups water, sugar, 1 tablespoon salt, and shortening just till warm (115° to 120°), stirring constantly to melt shortening. Add to dry mixture. Beat at low speed with electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed. By hand, stir in enough remaining flour to make a soft dough.

Knead on floured surface till smooth (10 to 12 minutes). Shape into ball. Place in a greased bowl; turn once. Cover; let rise till double (1 to 1½ hours). Punch down; divide in half. Cover let rest 10 minutes. Roll each half to a 15x12 inch rectangle. Roll up tightly from long side; seal well. Taper ends. Place each diagonally, seam side down, on greased baking sheet, sprinkled with cornmeal. Gash tops diagonally every 2½ inches, ½ inch deep. Beat egg white just till foamy; add 1 tablespoon water. Brush top and sides of loaves. Cover; let rise till double (about 1 hour). Bake at 375° till light brown, about 20 minutes. Brush again with egg white mixture. Bake 20 minutes longer. Remove from sheets. Cool. Makes 2 loaves.

HONEY WHOLE WHEAT BREAD

Vicki Folk

9 c. whole wheat flour
4 tsp. salt
2 pkg. active dry yeast
1½ c. cold milk
1½ c. water
6 Tbsp. water
½ c. honey

Stir together 3 cups flour, salt, and yeast. Combine milk, water, butter, and honey in a saucepan and heat over low heat until liquids are warm (butter need not melt completely). Gradually add to dry ingredients and beat 2 minutes. Add remaining flour, a cup at a time, until soft dough forms. Turn out onto lightly floured surface and allow to rest 10 minutes. Knead until smooth and elastic, about 10 minutes. Place in large greased bowl and turn to grease all sides of dough. Cover and allow to rise in a warm place until doubled in bulk, about 1 hour. Punch dough down and turn onto lightly floured surface. Divide dough in half and shape each half into a loaf. Place in greased loaf pans. Cover and let rise in warm place until doubled in bulk, about 1 hour. Bake at 375° for 35 to 40 minutes. Remove from pans and cool on rack.

HUSH PUPPIES

Vicki Folk

2 c. cornmeal
2 tsp. baking powder
1 tsp. salt
1 whole onion, minced
2 Tbsp. bacon fat
1 egg
⅔ c. milk
6 c. peanut oil

Mix cornmeal, baking powder, and salt. Saute onion in bacon fat until just limp; cool slightly. Beat egg until light; stir in milk and onion. Stir into dry ingredients to form a stiff batter.

Heat oil in deep fat fryer to 350°. Shape batter into 3 inch long crescents. Fry in single-layer batches in hot oil until golden brown. Makes 6 servings.

MEXICAN CORNBREAD

Vicki Folk

- 1¼ c. cornmeal
- 1¼ c. flour
- 2½ Tbsp. sugar
- 1⅔ Tbsp. baking powder
- ⅝ tsp. chili powder
- 2½ eggs, beaten
- ⅝ c. milk
- ⅝ c. butter, melted
- 1¼ Tbsp. jalapeno peppers, chopped
- ⅝ c. sweet red peppers, chopped
- ⅝ c. onion, chopped
- 1¼ cans creamed corn
- 1¼ c. Monterey Jack cheese, shredded

Sift dry ingredients. Beat together milk and eggs. Beat in melted butter. Add to dry ingredients. Stir in remaining ingredients. Mix thoroughly. Pour into greased 8 inch or 9 inch square pan. Bake at 400° for 30 minutes. Makes 10 servings.

OVERNIGHT CRUNCH COFFEE CAKE

Teri Zink

- 2 c. flour
- 1 tsp. baking powder
- 1 tsp. soda
- 1 tsp. cinnamon
- ½ tsp. salt
- ⅔ c. margarine
- 1 c. white sugar
- ½ c. packed brown sugar
- 2 eggs
- 1 c. buttermilk

Topping:

- ½ c. brown sugar
- ½ c. chopped walnuts
- ½ tsp. cinnamon
- ¼ tsp. nutmeg

Grease and flour 12x9x2 inch pan. Sift dry ingredients together; set aside. Cream together margarine and sugars. Add eggs, one at a time, while mixing. Add buttermilk, alternately with sifted dry ingredients. Place mixture in pan. Cover with topping. Refrigerate coffee cake 8 or 9 hours or overnight. Bake 45 minutes or until done at 350°.

PANCAKES

Vicki Folk

- 2 c. flour
- 1 tsp. salt
- 2½ tsp. double acting baking powder
- ¼ c. sugar
- 2 eggs
- 1¼ c. milk
- ¼ c. melted butter or oil

To make them blueberry, toss ½ cup blueberries with dry ingredients before adding egg mixture.

Sift dry ingredients together. Beat eggs until light. Make a well in the center of the dry ingredients and pour eggs mixture into it. Quickly stir wet and dry ingredients together until just blended. If too thick, add more milk, a spoonful at a time.

Heat griddle over medium low heat and brush with melted butter. Pour batter by spoonfuls onto the griddle. Cook until bubbles appear all over surface. Turn. Top should be evenly browned. Continue cooking until browned on the bottom as well. Makes 8 servings.

SOUTHERN BISCUITS

Carolyn Kern

2 c. flour
4 tsp. baking powder
½ tsp. cream of tartar
½ tsp. salt
2 Tbsp. sugar
½ c. shortening or oleo
1 egg
⅔ c. milk

Sift together dry ingredients. Cut in softened shortening. Combine egg and milk with a fork and add to mixture. The dough will be soft. Knead on floured board, roll out, and cut into biscuits (or drop by generous spoonfuls onto baking sheet). Bake 10 to 15 minutes at 450°.

Cut biscuits can be frozen on waxed paper and stored in a plastic bag. To bake, place on baking sheet and bake as directed above. (No need to thaw.)

THREE FLOUR BREAD

Anna Zink

2 pkg. dry yeast
1 c. flour
1½ c. whole wheat flour
½ c. rye flour
2 c. milk
½ c. brown sugar
3 Tbsp. shortening
1 Tbsp. salt
2 to 2½ c. flour

Combine first four ingredients in mixing bowl. Heat milk, brown sugar, shortening, and salt. Combine heated mixture of 140°F. with flours. Mix thoroughly. Add 2 to 2½ cups of flour; knead bread for 10 minutes. Place in greased bowl and cover. Rise for 1½ hours. Punch down and rest 10 minutes. Divide into two loaves, then re-rise for 45 minutes. Bake at 350° for 35 to 40 minutes.

TUPPERWARE BREAD

Myra Habiger

9 c. flour
4 eggs
½ c. sugar
2 pkg. yeast
1½ c. milk
1½ c. water
1 tsp. salt
2 sticks margarine

In a Tupperware fix-n-mix bowl, measure 9 cups flour. Make a well in the bottom. In a medium mixing bowl, beat 4 eggs. Add sugar mixed with yeast, scalded milk cooled with water, and salt. Pour all into well in flour. Do not mix. Seal, burp, and set in warm water for 30 minutes (seal should pop off). Add 2 sticks melted margarine. Mix well. Seal and burp. Return to warm place for another 30 to 40 minutes. When seal has popped off the second time, knead 15 to 20 times. Divide and shape into rolls, loaves of bread, or cinnamon rolls. Let raise 15 to 20 minutes - no more. Bake 30 minutes at 375°.

ZUCCHINI BREAD

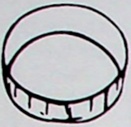
Karen Habiger

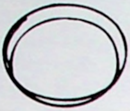
3 eggs, beaten
1 c. oil
2 c. peeled and grated squash
2½ c. sugar
3 Tbsp. vanilla
1 tsp. soda
¼ tsp. baking powder
3 tsp. cinnamon
3 c. flour
1 tsp. salt
1 c. chopped nuts

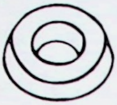
To the beaten eggs, add the oil and squash. Mix in the sugar, vanilla, soda, baking powder, cinnamon, flour, and salt. Mix well; fold in the chopped nuts. Bake for 50 minutes in a 350° oven. Makes 2 loaves.

Desserts

Common Baking Dishes and Pans


Spring Form Pan


Layer Cake or Pie Pan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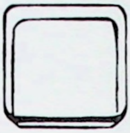
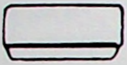
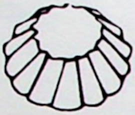
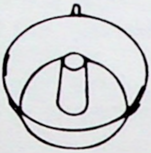
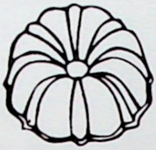

Baking or Square Pan


Loaf Pan


Brioche Pan


Angel Cake Pan


Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1¼″ layer cake pan
= 7⅜″ x 3⅝″ x 2¼″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1½″ layer cake pan
= 10″ pie pan
= 8½″ x 3⅝″ x 2⅝″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1½″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11¾″ x 7½″ x 1¾″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13½″ x 8½″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10½″ x 2½″ roasting pan

Total Volume of Pans

TUBE PANS	
7½″ x 3″ Bundt tube	6 cups
9″ x 3½″ fancy or Bundt tube	9 cups
9″ x 3½″ angel cake pan	12 cups
10″ x 3¾″ Bundt tube	12 cups
9″ x 3½″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups
SPRING FORM PANS	
8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups
RING MOLDS	
8½″ x 2¼″ mold	4½ cups
9¼″ x 2¾″ mold	8 cups
BRIOCHE PAN	
9½″ x 3¼″ pan	8 cups

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DESSERTS

APPLE CRISP

Vicki Folk

8 medium apples, peeled and sliced
1 Tbsp. fresh lemon juice
½ c. flour
1 c. brown sugar
1 c. rolled oats
1 tsp. cinnamon
¼ tsp. nutmeg
½ c. butter

Place apple slices in two quart baking dish. Sprinkle with lemon juice. Combine flour, sugar, oats, cinnamon, and nutmeg. Cut butter into 1 inch chunks. Blend into dry ingredients, using a pastry blender or 2 forks. When crumbly, sprinkle over apples. Bake at 375° for 15 minutes. Turn oven down to 350° and bake for 30 minutes.

BAKED CUSTARD

Frances Reichuber

3 slightly beaten eggs
¼ tsp. salt
½ to 1 tsp. vanilla
¼ c. sugar
2 c. milk, scalded

Combine eggs, sugar, and salt. Slowly stir in slightly cooled milk and vanilla. Pour into six 5 ounce custard cups in shallow pan. Pour hot water around them 1 inch deep. Bake in slow oven (325°) for 40 to 45 minutes until knife inserted off-center comes out clean. Serve warm or chilled. Makes 6 servings.

BLUEBERRY STREUSEL

Vicki Folk

½ c. butter
½ c. sugar
1 egg
2 c. flour
2 tsp. double acting baking powder
½ tsp. baking soda
¼ tsp. salt
½ c. buttermilk
2 c. fresh blueberries
¼ c. butter (cold)
½ c. flour
1 tsp. cinnamon
½ tsp. nutmeg
½ c. sugar

Cream butter and sugar. Beat in egg. Sift dry ingredients together and add, alternately with buttermilk, to butter mixture. Pour into well-greased 9x13 inch pan. Top with blueberries. Mix sugar, flour, and spices. Cut butter into tablespoons and blend into dry ingredients with a pastry blender. Mixture should be crumbly. Sprinkle over blueberries. Bake at 350° for 35 minutes. Makes 12 servings.

BUNDT PUMPKIN CAKE

Pam Wirth

2 c. sugar
4 eggs
½ c. salad oil
2 c. flour
1 tsp. salt
2 tsp. soda
1 Tbsp. cinnamon
1 (16 oz.) can pumpkin

Frosting:

½ box powdered sugar
½ stick melted butter
8 oz. cream cheese
½ tsp. vanilla

Cream sugar, eggs, and oil; sift together dry ingredients. Add pumpkin to creamed mixture, then add dry ingredients. Bake in greased and floured Bundt pan at 325° for 45 minutes.

CHERRY DREAM SQUARES

Myra Habiger

1 pkg. Pillsbury plus white cake mix
1¼ c. oats
½ c. margarine, softened
1 egg
2 cans cherry pie filling
½ c. chopped nuts
¼ c. firmly packed brown sugar

Heat oven to 350°. Grease 13x9 inch pan. In a large bowl, combine cake mix, 6 tablespoons margarine, and 1 cup oats. Mix until crumbly. Reserve 1 cup crumbs for topping. To remaining crumbs, add 1 egg; mix until well blended. Press into prepared pan. Pour cherry pie filling over crust; spread to cover. To reserved crumbs, add remaining ¼ cup oats, 2 tablespoons margarine, nuts, and brown sugar. Beat until thoroughly mixed. Sprinkle over cherry mixture. Bake at 350° for 30 to 40 minutes or until golden brown. Cool completely. Serve with Cool Whip or ice cream. Makes 12 servings.

CHERRY SUPREME CAKE

Karen Habiger

1 c. margarine
1 c. sugar
4 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 can cherry pie filling

Topping:

½ c. sugar	**1 tsp. cinnamon**

Cream margarine and sugar thoroughly. Add eggs, one at a time, beat until fluffy, and add vanilla. Sift flour and baking powder together; add to batter. Grease a 13x9x2 inch pan. Pour half of batter into pan. Combine topping ingredients. Sprinkle ½ topping over batter. Spoon cherry pie filling over topping, then add remaining batter and sprinkle with remaining topping. Bake 50 minutes at 325°.

CHOCOLATE CAKE

Diane Zink

- **3 c. sifted flour**
- **2 c. sugar**
- **2 tsp. soda**
- **1 tsp. salt**
- **2 tsp. vanilla**
- **4 Tbsp. cocoa**
- **⅔ c. salad oil**
- **2 c. lukewarm water**
- **2 Tbsp. white vinegar**

Sift flour in a bowl; add sugar, soda, salt, and cocoa. Add remaining ingredients and mix. Pour batter into greased and floured 9x13 inch pan. Bake at 350°F. for 25 to 30 minutes.

CHOCOLATE DELIGHT

Norma Habiger

First layer:

- **2 c. flour**
- **2 sticks margarine, melted**
- **1 c. pecans**

Second layer:

- **1 (8 oz.) cream cheese**
- **1 c. Cool Whip**
- **1 c. powdered sugar**

Third layer:

- **2 small pkg. instant chocolate pudding**
- **1 small instant vanilla pudding**
- **4½ c. milk**

Fourth layer:

- **Remaining Cool Whip**
- **Crushed pecans**
- **Shaved chocolate**

Mix ingredients in first layer; pat in 9x13 inch pan and bake at 350° for 25 to 30 minutes. Cool. Mix second layer and spread over first layer. Mix third layer and spread over second layer. Top with remaining Cool Whip and if desired, crushed pecans and shaved chocolate.

CHOCOLATE SHEET CAKE

Jeanne Schloctermeier

2½ c. flour
2½ c. sugar
2 tsp. soda
2½ sticks margarine
⅔ c. buttermilk
1 tsp. cinnamon
1 tsp. vanilla
¼ c. cocoa
1¼ c. water
3 eggs

Bring to a boil the water, cocoa, and margarine. Mix in a bowl the flour, sugar, soda, and cinnamon. Pour in hot mixture and beat well. Beat eggs and milk together and add to first mixture. Add vanilla and beat. Bake at 350° for 15 to 20 minutes.

Frosting - heat together:

1 stick margarine
4 Tbsp. cocoa
6 Tbsp. milk

Mix in:

2 c. powdered sugar
1 tsp. vanilla

Add 1 cup chopped nuts and spread over hot cake.

CHOCOLATE ZUCCHINI CAKE

Vicki Folk

2½ c. flour
1 c. cocoa powder
1 tsp. double acting baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. ground cinnamon
¾ c. softened butter
2 c. sugar
3 eggs
¾ c. buttermilk
1 tsp. vanilla extract
2 tsp. orange peel, grated
2 c. zucchini, shredded
1 c. nuts, chopped
1½ c. powdered sugar
2½ Tbsp. fresh orange juice
1 tsp. orange peel, grated
1 c. butter, melted

Sift together flour, cocoa, baking powder, baking soda, cinnamon, and salt. Cream butter or margarine. Gradually add sugar; beat until stiff. Add eggs, one at a time, beating well after each. Beat in sifted dry ingredients, alternately with buttermilk. Stir in vanilla, orange peel, zucchini, and nuts. Bake in a 10 inch tube pan at 350° for one hour. Turn out on rack, let cool for 15 minutes, and glaze.

Glaze: Beat together powdered sugar, orange juice, orange peel, and melted butter.

COCONUT CREAM CAKE

Ruth Clair

½ c. shortening
½ c. butter or margarine
2 c. sugar
5 eggs, separated
2 c. flour
1 tsp. baking soda
1 c. buttermilk (soured milk will do)
1⅔ c. flaked coconut

Frosting:

½ c. butter
1 (8 oz.) pkg. cream cheese
1 (1 lb.) box powdered sugar
1 tsp. vanilla
⅛ tsp. salt
½ c. chopped nuts

Cream shortening, margarine, and sugar. Add egg yolks, one at a time, mixing well after each yolk. Sift flour and soda together. Add alternately with buttermilk, starting and ending with flour. Beat egg whites until stiff peaks form. Fold into batter. Fold in coconut. Bake in 3 greased and floured pans for 25 to 30 minutes at 350°. Blend all frosting ingredients together.

CRACKER CAKE

Connie Redding

1 c. sugar
½ pt. heavy whipping cream, sweetened to taste
1 can crushed pineapple, drained
1 c. chopped and coarse pecans
3 egg whites
½ tsp. cream of tartar
1 tsp. vanilla
18 crushed soda crackers

Beat 3 egg whites until frothy. Add ½ teaspoon cream of tartar. Beat until stiff. Fold in 1 cup sugar and 1 teaspoon vanilla. Fold in 18 crushed soda crackers and cup coarse chopped pecans. Spread into 8 inch ungreased pan. Bake at 325° for 25 to 30 minutes. Cool to room temperature. Whip ½ pint cream and sweeten to taste. Fold in 1 small can (drained) pineapple. Spread over cake. Cover with foil and chill at least overnight. Serves 6.

DELICIOUS LEMON CAKE

Frances Reichuber

- 1 pkg. lemon supreme cake mix
- 4 eggs
- 1 pkg. instant lemon pudding mix
- 1 c. plus 1 Tbsp. water
- ⅓ c. salad oil
- 1 (6 oz.) can frozen lemonade
- 2 c. powdered sugar

Mix cake and pudding mix with eggs, water, and salad oil. Bake 40 minutes at 350° in a greased 9x13 inch pan. Thaw lemonade and add powdered sugar. Punch top of cake with a fork, pour lemonade mixture on top of cake, and return to oven for 5 minutes. Do not ice.

DIANE'S COCONUT CRUNCH DELIGHT

Anna Lee Habiger

- ½ c. melted butter
- 1 c. flour
- 1¼ c. flaked coconut
- ¼ c. brown sugar, packed
- 1 c. slivered almonds
- 1 (3 to 4 oz.) pkg. instant vanilla pudding
- 1 (3 to 4 oz.) pkg. instant coconut pudding
- 2⅔ c. milk
- 2 c. whipped topping

In a mixing bowl, combine butter, flour, coconut, brown sugar, and almonds; press this mixture lightly into a greased 9x13 inch pan. Bake at 350° for 25 to 30 minutes or until golden brown, stirring every 10 minutes to form coarse crumbs. Cool and then divide crumb mixture in half. Leave half of crumb mixture in original baking pan and press flat over bottom.

In another mixing bowl, combine pudding mixes and milk and beat. Fold in whipped topping. Spoon pudding mixture over crust mixture in baking dish. Sprinkle with remaining crust mixture. Cover and refrigerate overnight.

DOLLIE'S PINEAPPLE DISH

Connie Redding

- 1 can pineapple tidbits (not drained)
- 3 eggs, beaten
- 1 c. melted butter
- 2 c. sugar

Mix all ingredients together and pour over 4 cups bread crumbs. Bake at 350° for 1 hour.

FRESH APPLE FRITTERS

Dolores Kaiser

- 1 c. milk
- 1 egg, beaten
- 4 Tbsp. margarine
- ½ c. sugar
- ½ tsp. salt
- 1 orange (rind and juice)
- 1 c. apples, chopped fine
- 3 c. flour
- 2 tsp. baking powder
- 1 tsp. vanilla

Beat egg. In a mixing bowl, combine milk, eggs, and melted oleo. Add orange juice, rind, chopped apples (skins can be left on), and vanilla. Sift together flour, salt, and baking powder. Stir into milk mixture with a spoon until blended. Do not overmix.

Preheat oil in a skillet to 350°F. Drop off end of tablespoon into hot oil. Fry to golden brown. Turn so they brown even. Allow to cool. Roll in powdered sugar. Serve with salads or eat as dessert. Makes 40 fritters.

Served at Stephenson's Apple Farm Restaurant in Kansas City, MO.

FRUIT COCKTAIL DESSERT

Jane Habiger

- 1 egg
- 1 c. sugar
- 1 c. flour
- 1 (15 oz.) can fruit cocktail, well drained
- 1 tsp. vanilla
- 1 tsp. baking soda
- ½ c. brown sugar
- ½ c. chopped nuts

Mix egg, sugar, flour, fruit cocktail, vanilla, and baking soda. Pour into greased 9x13 inch pan. Mix brown sugar and nuts and sprinkle over other mixture. Bake for one hour at 300°. Serve with whipped topping or ice cream.

FRUIT COCKTAIL PUDDING

Frances Reichuber

- 1 egg
- 1 c. sugar
- 1 tsp. vanilla
- 1 c. flour
- 1 tsp. soda
- 1 (No. 2) can fruit cocktail, well drained
- ½ c. brown sugar
- ½ c. chopped nuts

Beat egg, sugar, and vanilla. Add flour with soda and mix. Add well drained fruit cocktail. Put in greased pan and put on topping made with brown sugar and nuts. Bake at 350° for 30 minutes.

GRANNY CAKE

Edythe E. Roelfs

2 c. flour
1 (15 oz.) can crushed pineapple (undrained)
1½ c. sugar
2 eggs
1 tsp. baking soda
1 tsp. salt

Mix all ingredients in a bowl. Pour into a greased 9x13 inch pan. Mix together ½ cup nuts, ½ cup brown sugar. Sprinkle over the top and bake at 350° for 35 minutes. Let cool 10 minutes, then pour on icing.

Icing - mix together:

1 c. evaporated milk
½ stick butter or oleo
½ c. sugar
1 tsp. vanilla

Boil 1 minute. Pour on cake.

HOT FUDGE SAUCE

Beverly Roelfs

1½ c. sugar
½ c. cocoa
3 Tbsp. flour
Dash of salt
2 c. milk
2 Tbsp. oleo
2 tsp. vanilla

In saucepan, mix sugar, cocoa, flour, and salt. Add milk. Stir over heat until thick. Add oleo and vanilla. This works well to cook in the microwave.

LAYERED DESSERT

Teri Zink

1 c. flour
1 ctn. Cool Whip
2 Tbsp. sugar
½ c. melted butter
1 (8 oz.) softened cream cheese
1 c. powdered sugar
2 small boxes any flavor instant pudding
3 c. milk

Heat oven to 350°. Mix 1 cup flour, ½ cup melted butter, and 2 tablespoons sugar. Press mixture into a 9x13 inch baking dish. Bake for 15 minutes. Let cool completely. Mix cream cheese, 1 cup powdered sugar, and 1 cup Cool Whip. Spread this mixture over cooled crust. Mix 2 boxes of instant pudding with 3 cups of milk. Spread this over the top of the last mixture. Top pudding with the remainder of the Cool Whip.

LAZY DAISY CAKE

Norma Habiger

4 eggs
2 c. sugar
2 c. flour
2 tsp. baking powder
1 c. milk
2 Tbsp. butter
1 tsp. vanilla

Topping:

6 Tbsp. melted butter
4 Tbsp. sweet cream
10 Tbsp. brown sugar
1 c. coconut

Beat eggs lightly, add sugar, and beat well. Add flour that's been sifted with baking powder. Heat to boiling the milk and butter. Stir into first mixture and add vanilla. Bake 30 minutes at 350°. Mix topping ingredients and put on hot cake; return to oven and bake until golden.

LUSCIOUS DEVIL'S FOOD CAKE

Karen Riggs

3 c. flour
2 c. sugar
2 tsp. baking soda
1 tsp. salt
6 Tbsp. cocoa
⅔ c. oil
2 c. warm water
2 Tbsp. vinegar
2 tsp. vanilla

Mix all dry ingredients in mixing bowl. Add remaining ingredients and mix thoroughly. Pour batter into greased and floured (or use pan spray) 9x13 inch pan. Bake at 375° for 25 to 30 minutes. Test with toothpick. Frost with your choice frosting after cake is cool.

NO FROSTING CHOCOLATE CAKE

Jamie Zink

1 chocolate cake mix
1 pkg. chocolate instant pudding
2 c. milk
¼ c. oil
2 eggs
1 pkg. chocolate chips

Mix pudding and milk in large bowl. Add cake mix, oil, and eggs. Pour ½ bag of chocolate chips in and blend. Pour into 9x13 inch pan; top with remaining chocolate chips. Bake at 350° for 25 minutes.

PARTY APPLE CAKE

Joan J. Schwartz

Beat together:

2 eggs
2 c. sugar
1 tsp. vanilla

Hold back:

6 c. diced apples
1 c. pecans
½ c. cooking oil

Sift together:

2 c. flour
1 tsp. cinnamon
2 tsp. baking soda
⅛ tsp. salt

Beat together egg mixture in large bowl; add dry ingredients and ½ cup cooking oil. Blend well. Add 6 cups diced apples and 1 cup chopped pecans. Preheat oven to 350°. Pour batter into a greased 9x13 inch pan. Bake for 1 hour or until done.

Frosting:

1½ c. powdered sugar
6 oz. softened cream cheese
3 Tbsp. softened margarine
½ tsp. vanilla
Pinch of salt

Mix well. Frost after cake has cooled. Top with chopped pecans.

POOR MAN'S CAKE

Tina Willt

3 c. flour
2 c. sugar
1 tsp. salt
2 tsp. soda
½ c. cocoa
⅔ c. salad oil
2 c. water
2 Tbsp. vinegar
2 tsp. vanilla

Mix dry ingredients; add remaining ingredients and mix slowly. Bake 30 to 35 minutes at 350°.

POOR MAN'S CAKE

Valerie Orth

3 c. flour
2 c. sugar
2 tsp. baking soda
¼ tsp. salt
4 Tbsp. baking cocoa
1 stick margarine, melted
2 Tbsp. vinegar (white)
1 tsp. vanilla
2 c. water

Mix together dry ingredients in a mixing bowl. Make 3 holes in dry mix. Add melted margarine, vinegar, and vanilla each to a separate hole, not letting them run together. Mix all together with 2 cups water. Pour into 9x13 inch pan. Bake at 350° for 30 to 35 minutes or until top springs back when touched. Great for those who cannot have eggs.

PUDDING CAKE

Myra Habiger

1 box yellow cake mix
1 (3.4 oz.) pkg. vanilla instant pudding
¾ c. vegetable oil
¾ c. water
4 eggs
1 tsp. vanilla
1 tsp. butter flavoring
¼ c. sugar
1 tsp. cinnamon
½ c. chopped nuts

Glaze:

1 c. powdered sugar
3 Tbsp. milk
½ tsp. butter flavoring
½ tsp. vanilla

Mix sugar, cinnamon, and nuts in a small bowl. Grease and flour Bundt pan. In a large mixing bowl, add cake mix, pudding, oil, water, eggs, vanilla, and butter flavoring. Beat with mixer until well blended. Sprinkle cinnamon/sugar mixture in bottom of cake pan. Pour in about half of cake batter. Sprinkle cinnamon/sugar mixture on top of batter. Pour in remaining batter and sprinkle with remaining cinnamon/sugar mixture. Bake at 350° for 30 to 40 minutes. Remove from cake pan when cooled. Mix glaze ingredients together and pour over cooled cake.

PUMPKIN PIE CAKE

Karen Habiger

1 box white or yellow cake mix, reserving 1 c.
½ c. margarine, melted
3 eggs, beaten
1 can pumpkin
⅔ c. evaporated milk
½ c. brown sugar
¼ c. white sugar
½ tsp. vanilla
1 tsp. cinnamon
½ tsp. salt
Dash of cloves
Dash of ginger

Combine cake mix, margarine, and 1 egg. Press into 9x13 inch pan. Combine 2 eggs, 1 can pumpkin, evaporated milk, sugars, cinnamon, salt, dash of cloves, and ginger; pour over crust. Combine the 1 cup reserved cake mix with ½ cup sugar, ½ teaspoon cinnamon, ¼ cup margarine, and ½ cup nuts. Sprinkle this over filling and bake at 350° for 40 to 50 minutes or until done.

PUMPKIN PIE CAKE

Teri Zink

- 1 can pumpkin
- 4 eggs
- 1 tsp. vanilla
- 2 tsp. cinnamon
- 1½ c. sugar
- 1 yellow cake mix
- 2 sticks oleo
- Small bag chopped pecans

Mix first 5 ingredients and place in ungreased 9x13 inch pan. Spread the cake mix dry over the pumpkin mixture. Drizzle the oleo over the cake mix. Sprinkle with chopped pecans. Bake at 350° for 45 to 50 minutes.

PUMPKIN PIE CRUNCH

Diane Zink

- 1 (16 oz.) can solid pack pumpkin
- 1 (12 oz.) can evaporated milk
- 3 eggs
- 1½ c. sugar
- 4 tsp. pumpkin pie spice
- ½ tsp. salt
- 1 pkg. yellow cake mix
- 1 c. pecans, chopped
- 1 c. butter or margarine, melted

Preheat oven to 350°F. Grease bottom of 13x9 inch pan. Combine pumpkin, evaporated milk, eggs, sugar, spice, and salt in a large bowl. Pour into pan. Sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans. Drizzle with melted butter. Bake for 50 to 55 minutes or until golden brown. Cool completely. Serve with whipped cream.

RUTH'S CHOCOLATE CAKE

Ruth Clair
300 Brooking Park Ave. Apt. B9, Sedalia, MO 65301

- 1 stick butter (if unsalted, add a little salt to recipe)
- 2 c. sugar
- 2 eggs
- 2 c. flour
- 1 c. sour milk (2 to 3 Tbsp. vinegar in milk)
- 2 sq. unsweetened chocolate, melted in 1 c. simmering water
- 2 tsp. baking soda
- 1 tsp. vanilla

Cream butter and sugar, add eggs, and mix well. Alternate sour milk and flour to mixture, starting with milk. Beat well after each addition. Melt squares of chocolate in water. Add baking soda to chocolate, stirring till soda is mixed. Pour chocolate into batter and mix well. Add vanilla. Pour into 2 greased and floured pans. Bake at 350° for 30 to 40 minutes. Cake is done when sides pull away from pan. Ruth's own recipe.

SHORTCAKE

Beverly Roelfs

2 eggs
½ c. sugar
½ c. flour
½ tsp. baking powder
1 Tbsp. milk
Vanilla

Beat eggs; add sugar, then flour, baking powder, milk, and vanilla. Pour into greased 9x9 inch pan and bake at 350° for 10 to 15 minutes. Let cool, then cut into desired sizes (6 pieces is a good size). Can be also baked in cupcake pans. This will not get soggy with fruit on the top.

SPICED APPLE TWIST

Julee D. McAtee

¼ c. orange juice (substitute lemonade or water)
1 (8 oz.) tube crescent rolls
½ tsp. cinnamon
2 large tart apples, peeled and cored
2 Tbsp. butter, melted
⅓ c. sugar

Pour orange juice in bottom of buttered 9 inch square baking pan. Unroll dough; separate into 8 triangles. Cut each lengthwise to make 16 triangles. Cut each apple into 8 pieces. Place an apple slice at wide end of each strip; roll up. Arrange in pan. Drizzle butter over tops, then sprinkle with combined cinnamon and sugar mixture. Bake at 400° for 30 to 35 minutes until golden in color. Serve warm or cold. Yields 16 twists.

STRAWBERRY ANGEL FOOD DESSERT

Mary Ann Bieberle
In memory of Rose Bieberle

1 angel food cake
2 pkg. (10 oz.) frozen strawberries
2 pkg. strawberry Jell-O
½ c. sugar
2 c. boiling water
2 c. Cool Whip

Break angel cake into pieces; put into 9x13 inch cake pan. Dissolve Jell-O and sugar in boiling water. Add frozen strawberries. When slightly thickened, fold in Cool Whip and pour over cake pieces. Gently ease Jell-O between and under pieces of cake. Refrigerate.

STRAWBERRY PRETZEL DESSERT

Linda Huff

2 Tbsp. sugar
2 c. crushed pretzels
¾ c. melted margarine
½ c. powdered sugar
1 (8 oz.) cream cheese, softened
1 (8 oz.) Cool Whip
2½ c. boiling water
1 (6 oz.) strawberry Jell-O
1 (10 oz.) frozen strawberries

Crush pretzels and mix with sugar and margarine. Pat into 9x13 inch pan. Bake 15 minutes at 350°. Let cool. While baking and cooling pretzels, mix in a bowl the powdered sugar, cream cheese, and Cool Whip, mixing until smooth. Spread over cooled pretzels. In a medium bowl, dissolve the Jell-O in the boiling water; add thawed strawberries. Let Jell-O mixture thicken, then pour over cream cheese mixture. Refrigerate until done.

SUNSHINE CAKE

Pam Wirth

1 yellow cake mix
1 (11 oz.) can mandarin oranges
1 small pkg. instant vanilla pudding
1 (7 oz.) can crushed pineapple
4 eggs

Topping:

1 large ctn. whipped topping
1 c. drained pineapple
1 small pkg. instant vanilla pudding

Combine all ingredients. Beat 4 minutes. Pour in greased and floured 9x13 inch pan. Bake 25 to 30 minutes at 350°. Cake must stay refrigerated.

Topping: Combine.

UPSIDE DOWN PUMPKIN PIE

Rita McAtee

Filling:

3 large eggs
1¼ c. sugar
1 (12 oz.) can evaporated milk
2 cans pumpkin
2 tsp. cinnamon
1 tsp. nutmeg

Topping:

1 yellow cake mix
1 c. chopped nuts
1½ sticks oleo, melted

Mix all filling ingredients; pour into 9x13 inch ungreased pan. Sprinkle cake mix over filling. Drizzle oleo over top. Bake 30 minutes at 350°. Remove and sprinkle nuts on top. Bake 30 minutes more or until golden brown. Top with whipped cream to serve. Keeps nice in fridge for several days.

ZUCCHINI SQUASH CAKE

Mary Kaiser

3 c. grated zucchini squash
4 eggs
3 c. sugar
1½ c. cooking oil
1 c. chopped pecans
3 c. flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1½ tsp. cinnamon

Beat eggs until frothy, add sugar, and beat until light. Beat in oil, then blend in grated squash. Mix together dry ingredients, add to other mixture, and beat together about 3 minutes. Mix in chopped pecans. Turn into baking pan and bake 1½ hours at 300°. Cake will shrink from sides of pan and appear somewhat glazed over top. Cake will rise to top of pan. Frost with Easy Caramel Frosting (recipe follows).

EASY CARAMEL FROSTING

Mary Kaiser

2 tsp. butter or margarine
1 c. brown sugar, packed
½ tsp. salt
⅓ c. milk
1 tsp. vanilla
1½ c. powdered sugar
Chopped nuts

Melt butter over medium heat. Add sugar and salt; stir until sugar is dissolved. Add milk. Cook 3 minutes, stirring constantly. Remove from heat. Cool. Pour into mixing bowl; add vanilla and powdered sugar. Beat until creamy. Spread on cake. Add nuts on top. This frosting is good on zucchini squash cake.

CHERRY CHEESE CAKE PIE

Joan J. Schwartz

1 graham cracker pie crust
1 (8 oz.) pkg. cream cheese, softened
1 (14 oz.) can sweetened condensed milk
⅓ c. lemon juice
1 tsp. vanilla
1 (21 oz.) can cherry pie filling

In medium bowl, beat cream cheese until fluffy. Add milk, lemon juice, and vanilla. Mix well and pour into crust. Chill in refrigerator for 2 hours. Top with cherry pie filling. Keep refrigerated.

CHERRY CREAM PIE

Teri Zink

1 oz. pkg. cream cheese
⅔ c. powdered sugar
1 tsp. vanilla
1 (8 oz.) Cool Whip
1 can cherry pie filling

Cream together till smooth the cream cheese, powdered sugar, and vanilla. Beat in Cool Whip. Pour into baked pie crust. Make an edge around the pie crust about an inch high with the cream cheese mixture around the outside before spooning in the cherry filling in the middle. Keep refrigerated.

DUTCH APPLE PIE

Frances Reichuber

Four to six apples, sliced in buttered pan. Cover with ½ cup sugar. Dot with butter. Sprinkle with cinnamon and 4 tablespoons water or cream.

Make into a meal:

1 c. flour
⅔ c. brown sugar
3 to 4 Tbsp. butter or margarine

Pat into apple mixture. Bake at 350° for about 45 minutes.

EASY CHEESECAKE

Jamie Zink

1 (8 oz.) cream cheese
⅓ c. sugar
1 (8 oz.) whipped topping
1 graham cracker crust
1 can cherry pie filling

Beat cream cheese and sugar until smooth. Stir in whipped topping. Spoon into pie crust and top with pie filling. Chill.

FAVORITE PIE CRUST

Joan J. Schwartz

2½ c. flour
1½ c. Crisco shortening
6 Tbsp. flour
½ c. water
2 tsp. salt

Cut shortening into 2½ cups flour until crumbly. Make a paste of 6 tablespoons flour, salt, and ½ cup water. Add to rest of mixture. Mix gently. Roll out 2 double or 4 single crusts. Add your favorite filling and bake.

FRESH CHERRY PIE

Tina Willt

3 c. cherries, pitted (reserving juice)	**1 c. sugar**
¼ c. juice	**2½ Tbsp. tapioca**
	Pie crust

Mix all ingredients until sugar is dissolved. Pour into crust. Bake 1 hour or until done at 350°.

IMPOSSIBLE PUMPKIN PIE

Frances Reichuber

½ c. sugar	**2 eggs**
½ c. Bisquick	**1 (16 oz.) can pumpkin**
2 Tbsp. margarine	**1½ tsp. pumpkin pie spice**
1 (13 oz.) can evaporated milk	

Heat oven to 350°. Grease 9½ x 11¼ pan or 10 inch pie plate. Beat all ingredients till smooth in blender one minute or by hand two minutes. Bake 50 minutes. Garnish with whipped cream if desired.

INSTANT LEMON AND PINEAPPLE PIE

Frances Reichuber

1 (20 oz.) crushed pineapple and juice	**Dream Whip**
1 (3 oz.) lemon instant pie filling	

Mix pineapple and pie filling, then add Dream Whip mixed according to directions. Put in graham cracker pie crust and chill. Can be served with whipped topping.

JAPANESE FRUIT PIE

Jane Habiger

1 stick margarine	**½ c. raisins**
1 c. sugar	**½ c. chopped pecans**
2 eggs	**½ c. coconut**

Melt margarine in saucepan. Add sugar and stir until dissolved. Add this hot mixture slowly to slightly beaten eggs and mix well in large mixing bowl. Add fruit and nuts. Pour into unbaked pie shell. Bake at 300° for 50 minutes.

LEMON MERINGUE PIE

Vicki Folk

2 eggs, separated
¼ c. fresh lemon juice
1 Tbsp. lemon zest, grated
3 Tbsp. flour
1 c. sugar
2 Tbsp. butter
1¼ c. boiling water
1 (9 inch) pie crust
3 Tbsp. sugar

In a heavy saucepan, beat egg yolks with lemon juice and zest. Place under low heat. Beat in flour, 1 cup sugar, and butter. Add boiling water, cook, and stir until mixture thickens. Pour in prepared pie crust. Beat egg whites until stiff, but not dry. Gradually add 3 tablespoons sugar. Spread over filling. Bake at 450° until meringue is browned. Makes 6 servings.

PEACH CUSTARD PIE

Frances Reichuber

Line pie plate with pastry.

4 or 5 medium size peaches
½ c. sugar
2 Tbsp. flour

Mix sugar and flour, then pour over sliced peaches and mix well. Pour this in your pie shell; put in oven for 20 minutes.

Beat:

2 eggs
2 Tbsp. sugar
1 c. milk
½ tsp. vanilla
Pinch of salt

Mix all together, then pour over pie and bake till custard is set which is almost 45 minutes. Bake in 350° oven.

PECAN PIE

Edythe Roelfs

½ c. white sugar
1 c. dark corn syrup
1 Tbsp. vanilla
3 eggs
4 Tbsp. butter
1 c. broken pecan pieces

Put sugar and syrup in saucepan. Turn on high and bring mixture to a rolling boil. Beat eggs, without separating and slowly add hot syrup to eggs, beating constantly. Add butter, vanilla, and nuts. Pour into unbaked pie shell. Bake 45 minutes or less at 350°.

PECAN PIE

Frances Reichuber

1 box instant butterscotch pudding
1 c. dark corn syrup
1 (12 oz.) can evaporated milk
2 eggs
1 c. chopped pecans
1 (9 inch) unbaked pie shell

Blend pudding mix with corn syrup. Gradually add evaporated milk and slightly beaten eggs, stirring to blend. Add chopped pecans. Pour into 9 inch unbaked pie shell. Bake at 375° for 55 minutes or until pie is set. Serves six.

PIE CRUST

Barbara Orth

4 c. sifted flour
1 Tbsp. sugar
1½ tsp. salt
1½ c. shortening
1 egg
1 Tbsp. vinegar
½ c. water

Blend flour, sugar, and salt. Cut in shortening until particles are the size of peas. Beat egg; blend in vinegar and cold water. Add to flour mixture. Makes enough for 2 (9 inch) 2 crust pies and 1 (9 inch) pie shell.

PUMPKIN PIE

Teri Zink

¾ c. sugar
½ tsp. salt
1¾ tsp. pumpkin pie spice
2 eggs
1 can 100% pure pumpkin
1 can evaporated milk
1 unbaked deep dish pie shell

Mix sugar, salt, and pumpkin pie spice in small bowl. Beat eggs in bowl. Stir in pumpkin and sugar-spice mixture. Stir in evaporated milk. Pour into pie shell. Bake in 425° oven for 15 minutes. Reduce temperature to 350° and bake 40 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Refrigerate.

PUSH PASTRY

Frances Reichuber

1½ c. flour
1½ tsp. sugar
2 Tbsp. cold milk
1 tsp. salt
½ c. salad oil

Place dry ingredients in pie pan. Combine milk and oil in small bowl; whip until creamy. Pour oil and milk mixture over dry ingredients; mix and press into shapes with fingers. Excellent for open faced pies or poke with fork and bake 10 to 12 minutes at 400° for baked pie shell.

RAISIN MERINGUE PIE

Dolores Kaiser

9 inch pie shell, baked and cooled
1¼ c. raisins
¾ c. sugar
¼ c. butter
4 egg yolks, beaten
¼ c. milk
1 c. walnuts, chopped
4 egg whites
¼ c. sugar

Cover raisins with cold water, bring to a boil, and drain. Add sugar, butter, egg yolks, and milk; mix well and cook over low heat, stirring constantly until thickened. Add walnuts. Turn into pie shell. Make meringue by beating egg whites until very stiff. Slowly add sugar. Beat again until very stiff. Spread over hot filling and bake at 425° for 8 minutes or until golden brown.

RHUBARB CREAM PIE

Marilyn Kaiser

Boil 10 minutes:

2 c. rhubarb, cut fine
2 Tbsp. oleo
1 c. sugar

Mix together:

2 Tbsp. cornstarch
¼ c. sugar
¼ c. cream
2 egg yolks
Pinch of salt

Add this to rhubarb mixture; cook until thickened. Pour into a cooled, baked pie shell. Top with meringue and brown.

U.S.S. MISSOURI BUTTERMILK PIE

Dolores Kaiser

- 2 c. sugar
- ½ c. butter, softened
- 3 eggs
- 3 Tbsp. flour
- ¼ tsp. salt
- 1 c. buttermilk
- 1 (9 inch) unbaked pie shell (crust with edges crimped high)
- ½ c. chopped pecans, toasted (spread evenly in shallow pan, bake at 350° for 5 to 10 minutes until brown, stirring once or twice during baking)

In large bowl, beat sugar in butter with mixer until well blended. Beat in eggs, one at a time, beating well after each. Gradually add flour and salt to butter mixture. Beat in buttermilk until mixture is well blended. Pour filling into pie crust. Sprinkle toasted pecans over filling. Bake at 300° for 1 hour and 15 to 20 minutes, until filling is set. Cool. Store pie in refrigerator. Makes 8 servings.

Served to President Truman.

CHOCOLATE REVEL BARS

Barbara Orth

- 1 c. margarine
- 2 c. brown sugar
- 2 eggs
- 2 tsp. vanilla
- 2½ c. flour
- 1 tsp. baking soda
- 1 tsp. salt
- 3 c. oats

Beat margarine, brown sugar, eggs, and vanilla until fluffy. Add rest of ingredients and mix. Press ⅔ of mixture in 11x15 inch pan.

In double boiler, melt 12 ounce package chocolate chips with:

- 15 oz. sweetened condensed milk
- 2 Tbsp. margarine
- 2 tsp. vanilla
- 1 c. nuts

Spread over first mixture and dot with remaining ⅓ of batter. Bake in a moderate oven (350°) for 25 to 30 minutes.

CHOCOLATE ZUCCHINI BARS

Mary Ann Bieberle

4 eggs
¾ c. salad oil
2 c. sugar
2 c. flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
4 Tbsp. cocoa
1 tsp. vanilla
3 c. grated zucchini
1 c. chopped nuts

Beat eggs, oil, and sugar for 2 minutes. Add dry ingredients, all at once, and mix well by hand until smooth. Stir in vanilla, zucchini, and nuts. Pour into greased jelly roll pan, or a 9x13 inch cake pan. Bake at 350°F. for 25 to 30 minutes. Frost with cream cheese frosting after cooled to just warm.

Frosting:

3 oz. cream cheese
½ c. oleo (margarine)
2 c. powdered sugar
2 Tbsp. cocoa (or leave cocoa out for white frosting)
1 tsp. vanilla

CREAM CHEESE BROWNIES

Myra Habiger

1 pkg. German chocolate cake mix
1 (8 oz.) cream cheese, softened
1 egg
½ c. sugar
½ c. milk chocolate chips

Heat oven to 350°. Grease and flour jelly roll pan. Prepare cake mix as directed. Pour batter into pan. Mix remaining ingredients. Drop by spoonfuls onto batter. Cut through batter with knife or metal spatula several times for marble effect. Sprinkle with additional chocolate chips and nuts if desired. Bake 25 to 30 minutes.

DREAM BARS

Teri Zink

½ c. margarine
1½ c. brown sugar
1 tsp. salt
1 c. + 2 Tbsp. flour
2 eggs
½ tsp. baking powder
1 tsp. vanilla
1½ c. shredded coconut
1 c. pecans

Mix margarine, ½ cup brown sugar, ½ teaspoon salt, and 1 cup flour. Pat into ungreased 9x12 inch pan. Bake until slightly brown. Blend 1 cup brown sugar, eggs, ½ teaspoon baking powder, vanilla, 2 tablespoons flour, ½ teaspoon salt, 1½ cups shredded coconut, and 1 cup pecans. Spread over crust when cool. Bake 20 minutes at 350°. Cut while warm.

FUDGIEST BROWNIES

Vicki Folk

½ c. butter
3 oz. baking chocolate
2 eggs, well beaten
1 c. flour
½ tsp. double acting baking powder
¼ tsp. salt
1 tsp. vanilla extract
½ c. walnuts, chopped (optional)
2 c. brown sugar

Melt butter and chocolate in top of double boiler. Cool slightly. Beat in remaining ingredients by hand. Pour into greased 8x12 inch pan. Bake at 350° until set or about 30 minutes. Makes 12 servings.

ONE BOWL BROWNIES

Beverly Roelfs

¾ c. cocoa
2 sticks oleo
2 c. sugar
3 eggs
1 tsp. vanilla
1 c. flour
1 c. chopped nuts (optional)

Preheat oven to 350°. Microwave oleo until melted. Stir in chocolate and sugar until well mixed. Stir in eggs and vanilla. Blend in flour well. Add nuts if desired. Spread in greased 13x9 inch pan. Bake 35 to 40 minutes or until wooden toothpick inserted in center comes out almost clean. Do not overbake. Cool in pan. Makes 24 brownies.

ORANGE SLICE BARS

Frances Reichuber

1 lb. orange slices
6 Tbsp. boiling water
½ c. margarine
1 c. sugar
4 eggs
2½ c. flour
2 tsp. baking powder
½ tsp. salt
1 tsp. vanilla
½ c. nuts

Cut orange slices into eighths; pour boiling water over slices. Let stand two hours, or overnight. Cream margarine and sugar; add eggs. Sift dry ingredients. Put into greased and floured 15½ x 10½ inch jelly roll pan. Bake for 25 minutes at 350°, or until done. Sprinkle with powdered sugar while warm.

PEANUT BUTTER RICE KRISPIES

Myra Habiger

1 c. sugar
1 c. Karo corn syrup (light)
2 c. peanut butter
4 c. Rice Krispies

Put sugar and Karo syrup in a saucepan and bring to a boil. Stir in peanut butter and Rice Krispies and mix well. Spread into a jelly roll pan for thin pieces or 9x13 inch pan for thicker pieces.

WONDERFULLY DELICIOUS BARS

Pam Wirth

1 box yellow cake mix
⅓ c. softened margarine
1 egg
1 can Eagle condensed milk
1 tsp. vanilla
1 c. chopped nuts
1 (6 oz.) pkg. Skor chips

Mix together dry cake and margarine. Press into 9x13 inch pan. Mix rest of ingredients in order listed. Pour over crust. Bake 30 to 35 minutes at 350°.

BANANA OATMEAL COOKIES

Karen Habiger

¾ c. shortening
1 egg, beaten
1 c. mashed bananas (3)
1 c. sugar
1½ c. flour
½ tsp. soda
1½ c. oatmeal
½ c. walnuts
½ tsp. nutmeg
½ tsp. cinnamon
Pinch of salt

Cream shortening; add egg, bananas, oatmeal, and nuts. Add to the flour mixture. Bake 10 to 12 minutes until lightly browned in 375° oven. Makes 4 dozen.

BOURBON COOKIES

Anna Lee Habiger

½ c. bourbon
6 c. pecans, chopped
1 lb. candied cherries
½ lb. candied pineapple
1 lb. raisins
1½ c. brown sugar
½ c. butter
1 Tbsp. milk
3 c. flour (unsifted)
1 tsp. allspice
3 scant tsp. baking soda
4 eggs, beaten

Mix and soak overnight, bourbon, pecans, cherries, pineapple, and raisins. Cream brown sugar, butter, and milk in a separate bowl. To the cream mixture, gradually add 4 eggs. Combine the flour, allspice, and baking soda in a separate bowl. Add the flour mixture to the cream mixture gradually. Add the marinated fruit and nuts to the batter. Drop by teaspoonfuls onto greased cookie sheets. Bake in a slow 275° oven for 30 minutes. Cool and store in a covered jar.

CARAMEL NUT SLICES

Barbara Orth

1 c. soft shortening (part butter)
2 c. brown sugar, packed
2 eggs
3½ c. sifted flour
½ tsp. salt
1 tsp. soda
1 c. finely chopped nuts

Mix thoroughly shortening, sugar, and eggs. Sift together flour, salt, and soda. Add to creamed mixture. Blend in nuts. Form into two rolls, 2 inches in diameter. Wrap in waxed paper. Chill overnight. Heat oven to 400° (moderately hot). Cut cookie dough in slices about ⅛ inch thick. Place a little apart on ungreased cookie sheet. Bake 8 to 10 minutes. Makes about 12 dozen cookies.

CARROT COOKIES

In memory of Helen Riggs

¾ c. sugar
1 c. shortening
1 c. cooked mashed carrots
1 beaten egg
2 c. sifted flour
2 tsp. baking powder
½ tsp. salt
1 tsp. vanilla
½ tsp. lemon extract

Cream sugar with shortening; add egg and carrots. Add sifted dry ingredients and flavoring. Mix well, drop from teaspoon on cookie sheet, and bake 15 minutes at 350°. Frost while warm with frosting made on juice of one orange, grated orange peel, and powdered sugar.

CHOCOLATE CHIP COOKIES

Myra Habiger

1 c. shortening
½ c. sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
2 c. and 4 Tbsp. flour
1 tsp. soda
1 tsp. salt
1 c. chocolate chips
1 c. chopped nuts

Cream together shortening, sugar, brown sugar, and vanilla. Add eggs and mix well. Stir in flour, soda, and salt. Add chocolate chips and nuts. Bake at 350° for 10 to 12 minutes or until lightly brown. Makes approximately 2 dozen.

CHOCOLATE CHIP COOKIES

Teri Zink

- **2¼ c. flour**
- **1 c. butter**
- **¼ c. brown sugar**
- **1 small pkg. instant vanilla**
- **1 pkg. chocolate chips (½ pkg.)**
- **1 tsp. baking soda**
- **¾ c. sugar**
- **1 tsp. vanilla**
- **2 eggs**
- **1 c. nuts (optional)**

Mix in the usual manner. Bake at 375° for 8 to 10 minutes. Cookies will stay moist.

CHOCOLATE MINT SNOWTOP COOKIES

Valerie Orth

- **3 c. all-purpose flour**
- **3 tsp. baking powder**
- **½ tsp. salt**
- **1 (10 oz.) pkg. mint chocolate chips**
- **1 (12 oz.) pkg. chocolate chips**
- **1½ sticks margarine, softened**
- **2 c. sugar**
- **3 tsp. vanilla**
- **4 eggs**
- **White powdered sugar**

Melt mint morsels in microwavable bowl until smooth. Whip together butter, sugar, vanilla, and eggs. Blend together both mixtures; will be creamy. Combine and sift dry ingredients; add to creamed mixture. Blend in remaining chocolate chips. Chill dough before shaping (about 20 minutes in freezer). Preheat oven to 350°. Shape into 1 inch balls; roll in powdered sugar. Place on ungreased baking sheet. Bake 10 to 12 minutes until done. Makes 72 cookies.

COCONUT PECAN DROP COOKIES

Barbara Orth

- **2 c. sifted flour**
- **2 tsp. baking powder**
- **½ tsp. salt**
- **½ c. chopped pecans**
- **½ c. coconut**
- **½ c. margarine or shortening**
- **1 c. sugar**
- **½ tsp. vanilla**
- **1 egg**
- **¼ c. milk**

Sift flour, baking powder, and salt together. Cream shortening or margarine, sugar, egg, and vanilla. Add flour mixture alternately with milk, beating until smooth. Add nuts and coconut. Drop from teaspoon onto greased baking sheet and bake in moderately hot oven (375° to 400°) for 8 to 12 minutes.

COWBOY COOKIES

Roxanna Habiger

- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 c. shortening
- 1 tsp. vanilla
- 2 c. flour
- 2 c. oatmeal
- 1 tsp. soda
- 2 tsp. baking powder
- ½ tsp. salt
- 6 oz. pkg. chocolate chips

Blend eggs, sugars, shortening, salt, and vanilla. Add flour, oatmeal, soda, baking powder, and chocolate chips. Mix well. Drop on greased cookie sheet from a teaspoon. Flatten with a fork dipped in milk. Bake in 350° oven till brown. Makes 5 dozen.

CRUNCHY JUMBLE COOKIES

Karen Habiger

- 2½ c. flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 c. margarine or butter, softened
- 2 c. sugar
- 2 eggs
- 2 tsp. vanilla
- 4 c. Rice Krispies
- 1½ c. chocolate chips

Sift flour, soda, and salt. Set aside. Measure margarine and sugar into large mixing bowl; beat until well blended and smooth. Add eggs and vanilla. Beat well. Add dry ingredients. Mix until combined. Stir in rice cereal and chocolate chips. Drop by level tablespoon onto lightly greased baking sheet. Bake in a 350° oven for 8 minutes or until lightly brown.

DOUBLE TREAT COOKIES

Mary Kaiser

- 1 c. shortening
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 c. peanut butter
- 2 c. flour
- 2 tsp. baking soda
- 1 tsp. vanilla
- 1 pkg. chocolate chips
- ½ tsp. salt

Cream shortening, sugars, and eggs. Add peanut butter and mix. Add remaining ingredients. Drop by rounded tablespoons onto ungreased cookie sheets. Preheat oven to 375°; bake 9 to 11 minutes or until golden brown. Let stand 2 minutes; remove to wire racks to cool.

FRUITY SUGAR COOKIES

Dylan Mortimore
Age 3; Laura Trout

- 1 c. sugar
- 1 (3 oz.) box Jell-O (any flavor)
- ¾ c. shortening
- 2 eggs
- 3 c. flour
- 1 tsp. baking powder
- 1 tsp. salt

Mix sugar and dry Jell-O together. Add shortening and eggs; blend well. Sift flour, baking powder, and salt; add to mixture. Roll ¼ inch thick on floured board. Cut with 3 inch cutter. Place on greased baking sheet. Bake at 375° for 5 to 8 minutes. Makes 4 dozen.

GRANDMA ORTH'S CHOCOLATE CHIP COOKIES

Valerie Orth

- 2 c. Crisco shortening
- 1 c. brown sugar
- 2 c. granulated sugar
- 4 eggs
- 4½ tsp. vanilla
- 4½ c. sifted flour
- 2 tsp. baking soda
- 1½ tsp. salt
- 2 c. chocolate chips
- 1 c. chopped pecans (optional)

Combine the first five ingredients together in a mixing bowl; whip with a mixer until fluffy. Sift dry ingredients together and add to creamed mixture; blend well. Add chocolate last, add nuts if preferred, and mix well. Drop by teaspoonful onto ungreased cookie sheet. Bake at 350° for approximately 8 minutes until slightly golden. They freeze well! Makes 98 cookies.

JOSIE'S COOKIES

Beverly Roelfs

- ½ c. white syrup
- ½ c. sugar
- 1 c. peanut butter
- 2 c. corn flakes

Bring syrup and sugar to a boil. Add peanut butter and mix. Pour this mixture over the corn flakes and mix well. Drop by teaspoon on cookie sheets.

MOTHER THILL'S SOUR CREAM OATMEAL RAISIN COOKIES

Anna Lee Habiger

1 c. sugar
1 c. butter
3 eggs
1 c. raisins
2 c. quick oatmeal
1 c. sour cream
2 c. plus 3 Tbsp. flour
½ tsp. nutmeg
¼ tsp. cloves
1 tsp. baking soda

Combine all ingredients in large mixing bowl. Drop teaspoon-size amounts of mixture onto greased cookie sheet. Bake at 350° until golden brown.

NO FLOUR PEANUT BUTTER COOKIES

Jane Habiger

2 c. peanut butter
2 eggs
2 tsp. baking soda
2 c. sugar

Combine all of the ingredients. Drop by teaspoon onto lightly greased cookie sheet. Press with fork dipped in sugar. Bake at 350° for 12 minutes. Makes approximately three dozen cookies.

OATMEAL RAISIN COOKIES

Joan J. Schwartz

1 c. margarine
1 c. brown sugar
½ c. granulated sugar
1 tsp. vanilla
1½ c. flour
2 eggs
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
3 c. oatmeal
1 c. raisins

In a medium mixing bowl, beat margarine and sugars until creamy. Add eggs and vanilla; beat well. Stir in flour, soda, cinnamon, and salt. Mix well. Preheat oven to 350°. Stir in oatmeal and raisins. Drop by spoonfuls onto ungreased baking sheet. Bake 10 to 12 minutes until done.

PEANUT BUTTER COOKIES

Anna Zink

1 c. brown sugar
1 c. white sugar
1 c. shortening
1 c. peanut butter
2 eggs
1 tsp. vanilla
3 c. flour
1½ tsp. baking soda

Cream sugars and shortening. Add eggs and peanut butter. Add vanilla. Mix. Add flour and soda. Mix. Roll in balls. Flatten with fork. Bake at 350° for 10 to 15 minutes.

RAISIN HONEY DROPS

Frances Reichuber

¾ c. honey
¾ c. sugar
¾ c. margarine
1 egg
2 c. sifted flour
1 c. golden or dark raisins
1 tsp. salt
½ tsp. cinnamon
½ tsp. soda
2 c. quick cooking oatmeal

Cream honey, sugar, and margarine; add egg and mix well. Sift flour, salt, cinnamon, and soda together; stir into creamed mixture. Add oatmeal and raisins. Drop by heaping teaspoonfuls onto greased cookie sheet. Bake in 350° oven for 12 to 14 minutes, or until lightly browned. Makes about four dozen cookies.

THE ULTIMATE CHOCOLATE CHIP COOKIE

Lora Zink

¾ c. butter flavor Crisco
1¼ c. firmly packed brown sugar
2 Tbsp. milk
1 Tbsp. vanilla
1 egg
1¾ c. all-purpose flour
1 tsp. salt
¾ tsp. baking soda
1 c. semi-sweet chocolate chips
1 c. large pecan pieces

If nuts are omitted, use 1½ cups semi-sweet chocolate chips.

Heat oven to 375°. Cream butter flavor Crisco, brown sugar, milk, and vanilla in large bowl. Blend until creamy. Blend in egg. Combine flour, salt, and baking soda. Add to creamed mixture gradually. Stir in chocolate chips and nuts. Drop rounded tablespoons (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet.

Bake at 375° for 8 to 10 minutes for chewy cookies (they will look light and moist - do not overbake), 11 to 13 minutes for crisp cookies. Cool on baking sheet for 2 minutes. Remove to cooling rack. Makes 3 dozen 3 inch cookies.

DATE TASTIES

Kay Habiger

¾ c. shortening
2 c. brown sugar
2 eggs, beaten
½ c. coffee infusion
¼ tsp. almond flavoring
1½ c. oatmeal
3 c. flour, sifted
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. salt
1 c. dates or raisins

Cream shortening and sugar. Add eggs, coffee infusion, almond flavoring, and oatmeal. Stir in flour, soda, and spices. Add dates. Bake at 375° for 15 minutes.

CARROT CAKE

Kay Habiger

1½ c. oil
2 c. sugar
4 eggs

Beat together and add 2 cups grated carrots.

1 small can crushed pineapple with juice
1 c. nuts
2½ c. flour, sifted
1 tsp. soda
½ tsp. salt
2 tsp. cinnamon
1½ tsp. vanilla

Mix all ingredients together. Bake at 350° for 45 minutes.

Frost with:

1 small pkg. cream cheese
¾ stick butter
2 tsp. vanilla
¾ box powdered sugar

Notes

Miscellaneous

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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MISCELLANEOUS

❖ ❖ ❖

CARAMEL APPLES

Mary Kaiser

14 small tart apples
½ c. butter or margarine
2 c. packed brown sugar
1 c. light corn syrup
1 (14 oz.) can (1¼ c.) sweetened condensed milk
1 tsp. vanilla

Wash and dry apples; remove stems. Insert a wooden stick into the stem end of each apple. In a heavy 3 quart saucepan, melt butter. Stir in sugar, corn syrup, and dash of salt; mix well. Bring to boiling over medium heat, stirring constantly. Stir in condensed milk. Cook, stirring constantly, to 245° (firm ball stage) for 12 to 15 minutes (mixture should boil gently over entire surface). Remove from heat; add vanilla. Dip each apple into caramel mixture; turn to coat. Set on a buttered baking sheet; chill. Makes 14 coated apples.

CHOCOLATE PEANUT CLUSTERS

Frances Reichuber

1 lb. white chocolate
1 (12 oz.) pkg. chocolate chips
1 (16 oz.) salted peanuts

Melt white chocolate and chocolate chips in double boiler until melted. Shake excess hulls and salt from peanuts. Pour chocolate mixture over peanuts. Drop by spoonfuls on waxed paper. Let cool. Do not refrigerate.

DATE LOAF CANDY

Connie Redding

2 c. sugar
1 c. milk
1½ c. nuts
1½ c. dates

Cook milk and sugar until soft ball forms, then add dates and cook until hard ball stage. Test in water. Add nuts and pour into a wet dish towel until cool, then form long roll and slice. Candied cherries may be added. May also be dusted with powdered sugar.

MILLION DOLLAR FUDGE

Frances Reichuber

4 c. sugar
1 tall can Pet milk

Boil for 7 minutes, stirring constantly.

2 large Hershey's bars, broken fine	**2 (1 lb.) jars marshmallow fluff**
2 pkg. chocolate chips (bits)	**Vanilla**
2 c. nuts	

Mix all together, pour into buttered pan, and let set. Cut into squares. Makes 2 large pans or 5 pounds.

NUTTY GOODIE

Linda Siemer

2 c. brown sugar	**1 c. pecans**
½ c. light corn syrup	**1 c. almonds**
1 c. butter	**1 c. peanuts**
Pinch of salt	**1 c. walnuts**
Pinch of cream of tartar	**6 to 8 c. Rice Chex**

In heavy saucepan, bring brown sugar, corn syrup, and butter to a boil and boil for 5 minutes, stirring occasionally. Add pinch of salt and pinch of cream of tartar; stir. Pour over nuts and cereal. Spread on greased cookie sheet and bake at 300° for 15 minutes. Break into pieces as it cools.

POPCORN BALLS

Frances Reichuber

10 oz. or 1½ c. popcorn	**¼ c. butter or margarine**
1 lb. marshmallows	

Melt, pour over popped corn, and make into balls. Dip hands in water.

INDEX OF RECIPES

APPETIZERS, BEVERAGES

ARTICHOKE SPREAD 1
CHEESE BALL 2
CORN DIP 2
HAMBURGER CHEESE DIP 2
HIDDEN VALLEY RANCH PINWHEELS 2
HOT BEEF DIP 3
HOT COCOA MIX 1
IRISH COFFEE 1
LAYER TACO DIP 3
MEAT DIP 3
NACHO CHEESE DIP 3
SLUSH PUNCH 1
WILMA'S SALMON BALL 4

SOUPS, SALADS

BROCCOLI-CAULIFLOWER SALAD 7
BROOKVILLE COLESLAW 8
CABBAGE RAMEN SALAD 8
CAULIFLOWER AND BROCCOLI SALAD 8
CHEESEBURGER SOUP 5
CHEESEBURGER SOUP 5
COLE SLAW 9
CRANBERRY JELL-O SALAD 9
CRANBERRY SALAD 9
CRANBERRY SALAD 9
DELMAR SALAD 10
FROZEN FRUIT SALAD 10
GRANDPA'S VEGETABLE SOUP 6
LEMON SALAD 10
MACARONI SALAD 10
MACARONI SALAD 11
NO-FUSS POTATO SOUP 6
NO FUSS POTATO SOUP 6
ORANGE SALAD 11
ORANGE TAPIOCA SALAD 11
ORIENTAL CHICKEN SALAD 12
PINEAPPLE CHEESE SALAD 12
PINEAPPLE SALAD 12
QUICK FRUIT SALAD 13
SAUERKRAUT SALAD 13
SHRIMP MACARONI SALAD 13
SPECIAL OCCASION JELL-O SALAD 13
SUPREME PASTA SALAD 14
SUSIE'S BROCCOLI SALAD 14
SWEET POTATO SALAD 14
TACO STEW 7
WATERGATE SALAD 15
WILD RICE AND CHICKEN SOUP 7

VEGETABLES

BAR-B-QUE CABBAGE 17
BROCCOLI CASSEROLE 17
BROCCOLI CASSEROLE 17
BUZZ'S VEGETABLE CASSEROLE 18
CHEESY HASH BROWNS 18
CHEESY POTATOES (MICROWAVE) 18
CORN CASSEROLE 19
CROCK POT CORN 19
EASY CREAMY CORN 20
GREEN BEAN CASSEROLE 19
GREEN BEAN/CORN CASSEROLE 20
GREEN RICE 20
KATHY'S FAMOUS RICE 20
OVEN BAKED POTATOES 21
SPECIAL MASHED POTATOES 21
SPINACH CASSEROLE 21
SWEET POTATOES 22
VINTAGE RICE 22

MAIN DISHES

AMERICAN CHOP SUEY 23
BACON-N- HASH BROWN CASSEROLE 23
BARBECUED MEATBALLS 24
BARBECUED MEAT BALLS 24
BARBECUED PORK IN THE SLOW COOKER 25
BARBECUED SPARERIBS 26
BARBECUE PORK CHOPS 25
BARBEQUED MEAT BALLS 25
BBQ MEATBALLS 23
BEEF STEW 26
BEEF STIR-FRY 26
BIEROCK CASSEROLE 26
BREAKFAST CASSEROLE 27
BUSY DAY STEW 27
CHALUPA 27
CHICKEN AND DUMPLINGS 28
CHICKEN-BROCCOLI CASSEROLE 28
CHICKEN ENCHILADAS 29
CHICKEN NOODLE CASSEROLE 29
CHICKEN TETRAZZINI 29
CHILI CORN-CHIP CASSEROLE 30
CREAMY BAKED CHICKEN 30
CROCK POT HAMBURGER CASSEROLE 30
DIFFERENT GOULASH 31
EASY-DOES-IT-SPAGHETTI 31
ELEANOR'S HOMEMADE NOODLES 31
FOUR PASTA BEEF BAKE 32
GRILLED OR BAKED SPARERIBS 32
HOMEMADE DRESSING 32
HOT CHICKEN SALAD 33
HUNTINGTON CHICKEN 33
ITALIAN SPAGHETTI 33
MAC HELPERS 34
MEATLOAF 34
MEXICAN CASSEROLE 34
MICKAELA'S CHICKEN 35
NO FUSS LASAGNA 35
ORANGE CHICKEN BREASTS 35
PORCUPINE MEATBALLS 36
POTLUCK CHICKEN CASSEROLE 36
POULTRY STUFFING 36
SALISBURY PIE 37
SALMON LOAF SUPREME 37
SALMON PATTIES 37
SAUSAGE CASSEROLE 37

SCAMBOLI 38
SMOTHERED BAKED FISH 38
SPAGHETTI CASSEROLE 38
SWEDISH MEATBALLS 39
SWEET AND SOUR CHICKEN 39
SWEET-SOUR PORK 40
TACO CASSEROLE 40
TATER TOT CASSEROLE 40
TURKEY CASSEROLE 41
UPSIDE DOWN PIE 41

BREADS, ROLLS

ANGEL BISCUITS 43
ANGEL BISCUITS 43
APPLE RAISIN BREAD 43
APPLESAUCE DONUTS 44
BANANA BREAD 44
BOHEMIAN RYE BREAD 44
BUTTERMILK BISCUITS 45
BUTTERMILK CORNBREAD 45
BUTTERMILK PANCAKES 45
CARROT PINEAPPLE BREAD 46
CHEESE GARLIC BISCUITS 46
CHERRY COFFEE CAKE 46
CINNAMON ROLLS BY BARBARA 47
CORN BREAD 47
CROISSANTS 48
DUMPLINGS 48
FRENCH BREAD 48
HONEY WHOLE WHEAT BREAD 49
HUSH PUPPIES 49
MEXICAN CORNBREAD 50
OVERNIGHT CRUNCH COFFEE CAKE 50
PANCAKES 50
SOUTHERN BISCUITS 51
THREE FLOUR BREAD 51
TUPPERWARE BREAD 51
ZUCCHINI BREAD 52

DESSERTS

APPLE CRISP 53
BAKED CUSTARD 53
BANANA OATMEAL COOKIES 76
BLUEBERRY STREUSEL 53
BOURBON COOKIES 76
BUNDT PUMPKIN CAKE 54
CARAMEL NUT SLICES 77
CARROT CAKE 83
CARROT COOKIES 77
CHERRY CHEESE CAKE PIE 67
CHERRY CREAM PIE 68
CHERRY DREAM SQUARES 54
CHERRY SUPREME CAKE 54
CHOCOLATE CAKE 55
CHOCOLATE CHIP COOKIES 77
CHOCOLATE CHIP COOKIES 78
CHOCOLATE DELIGHT 55
CHOCOLATE MINT SNOWTOP COOKIES 78
CHOCOLATE REVEL BARS 73
CHOCOLATE SHEET CAKE 56
CHOCOLATE ZUCCHINI BARS 74
CHOCOLATE ZUCCHINI CAKE 56
COCONUT CREAM CAKE 57
COCONUT PECAN DROP COOKIES 78
COWBOY COOKIES 79
CRACKER CAKE 57
CREAM CHEESE BROWNIES 74
CRUNCHY JUMBLE COOKIES 79
DATE TASTIES 83
DELICIOUS LEMON CAKE 58
DIANE'S COCONUT CRUNCH DELIGHT 58
DOLLIE'S PINEAPPLE DISH 58
DOUBLE TREAT COOKIES 79
DREAM BARS 74
DUTCH APPLE PIE 68
EASY CARAMEL FROSTING 67
EASY CHEESECAKE 68
FAVORITE PIE CRUST 68
FRESH APPLE FRITTERS 59
FRESH CHERRY PIE 69
FRUIT COCKTAIL DESSERT 59
FRUIT COCKTAIL PUDDING 59
FRUITY SUGAR COOKIES 80
FUDGIEST BROWNIES 75
GRANDMA ORTH'S CHOCOLATE CHIP COOKIES 80
GRANNY CAKE 60
HOT FUDGE SAUCE 60
IMPOSSIBLE PUMPKIN PIE 69
INSTANT LEMON AND PINEAPPLE PIE 69
JAPANESE FRUIT PIE 69
JOSIE'S COOKIES 80
LAYERED DESSERT 60
LAZY DAISY CAKE 61
LEMON MERINGUE PIE 70
LUSCIOUS DEVIL'S FOOD CAKE 61
MOTHER THILL'S SOUR CREAM OATMEAL RAISIN COOKIES 81
NO FLOUR PEANUT BUTTER COOKIES 81
NO FROSTING CHOCOLATE CAKE 61
OATMEAL RAISIN COOKIES 81
ONE BOWL BROWNIES 75
ORANGE SLICE BARS 75
PARTY APPLE CAKE 62
PEACH CUSTARD PIE 70
PEANUT BUTTER COOKIES 81
PEANUT BUTTER RICE KRISPIES 76
PECAN PIE 70
PECAN PIE 71
PIE CRUST 71
POOR MAN'S CAKE 62
POOR MAN'S CAKE 62
PUDDING CAKE 63
PUMPKIN PIE CAKE 63
PUMPKIN PIE CAKE 64
PUMPKIN PIE CRUNCH 64
PUMPKIN PIE 71
PUSH PASTRY 71
RAISIN HONEY DROPS 82
RAISIN MERINGUE PIE 72
RHUBARB CREAM PIE 72
RUTH'S CHOCOLATE CAKE 64
SHORTCAKE 65
SPICED APPLE TWIST 65

STRAWBERRY ANGEL FOOD DESSERT 65
STRAWBERRY PRETZEL DESSERT 66
SUNSHINE CAKE 66
THE ULTIMATE CHOCOLATE CHIP COOKIE 82
UPSIDE DOWN PUMPKIN PIE 66
U.S.S. MISSOURI BUTTERMILK PIE 73
WONDERFULLY DELICIOUS BARS 76
ZUCCHINI SQUASH CAKE 67

MISCELLANEOUS

CARAMEL APPLES. 85
CHOCOLATE PEANUT CLUSTERS. 85
DATE LOAF CANDY 85
MILLION DOLLAR FUDGE. 85
NUTTY GOODIE 86
POPCORN BALLS. 86

Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ⅓ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

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Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

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Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \%\text{ of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5\text{ grams of fat} \times 9}{60\text{ total calories}} \times 100 = 37\%\text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

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"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✓ ✓	✓ ✓	✓ ✓
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✓ ✓	✓ ✓	✓ ✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✓ ✓	✓ ✓	✓ ✓
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✓ ✓	✓ ✓
1 c. shortening	• 7 oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✓		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery *or* ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✓	✓	✓

KEY:
TF = total fat
SF = saturated fat
C = cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no, without,* and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little, few,* and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low, a reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer.*

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar.*
The term also carries two other meanings:

- ✦ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ✦ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified, enriched,* or *added,* this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

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Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

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Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓									✓	✓				✓	✓	
Pork				✓					✓						✓		✓
Veal			✓				✓			✓				✓			✓
Ground Meat	✓	✓			✓				✓		✓						
Poultry			✓				✓			✓				✓		✓	
Fish						✓	✓	✓								✓	
Eggs					✓		✓						✓	✓			
Soups/Stews	✓	✓	✓	✓	✓			✓				✓					✓
Sauces		✓												✓		✓	
Pasta				✓													
Rice		✓					✓					✓					
Popcorn									✓								
Asparagus				✓													
Beets				✓													
Broccoli											✓		✓				
Cabbage				✓				✓									
Carrots			✓	✓													
Cauliflower							✓									✓	
Green Beans								✓			✓						
Lima Beans						✓	✓								✓		
Potatoes										✓					✓		✓
Tomatoes		✓					✓		✓				✓				
Salads				✓		✓						✓					

Try this low sodium spice blend in your shaker instead of salt:

- 1 Tbsp. dry mustard
- 1 tsp. garlic powder
- 1½ Tbsp. onion powder
- ½ Tbsp. ground pepper
- ½ Tbsp. thyme, crushed
- 1 tsp. sage
- ½ tsp. marjoram, crushed
- 1 Tbsp. paprika
- ½ tsp. basil, crushed
- ½ tsp. ground oregano

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Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ✦ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ✦ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ✦ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ✦ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

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Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

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Understanding the Nutrition Facts Food Label

The ***Nutrition Facts*** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The ***Percent of Daily Value*** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven ***Descriptive Terms*** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source.* Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The ***Ingredients List*** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

❦

See the following page for an example of the Nutritional Facts Food Label.

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The Nutrition Facts Food Label

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

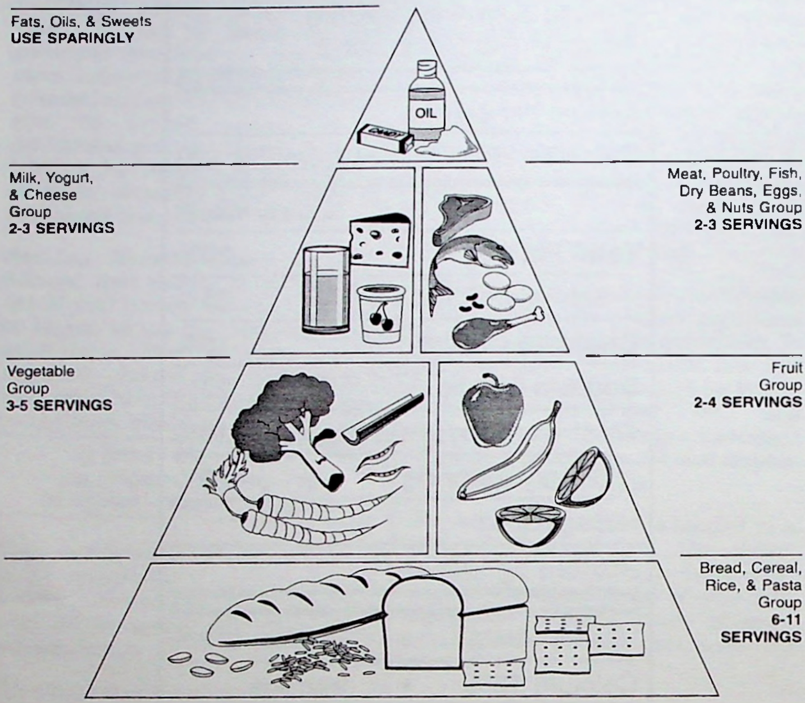
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	60g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

The Food Guide Pyramid

A Guide to Daily Food Choices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2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

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